



Julie Corbin, DDS
690 Cooper Foster Park Road
Lorain, Ohio 44053
440-282-2023

Whitening Instructions

Take-home whitening instructions:

1. Brush and floss teeth
2. Place a small drop of gel per tooth in the frontal portion of the tray for the front 6 – 8 teeth. This will be the teeth exposed when smiling. Be careful not to overload the tray.
3. Place the trays in your mouth for approximately 15 – 30 minutes. Make sure you wipe away the access gel that may be exposed to the gums outside of the tray.
4. Do not eat or drink anything for ½ hour after bleaching.
5. Repeat the process daily until desired results are accomplished (no longer than 7 to 10 days).
6. After whitening, rinse trays with warm water and use a toothbrush to clean trays.
7. Limit or avoid coffee, tea, dark cola, smoking, or staining foods such as berries and spaghetti sauce during bleaching.

DO NOT USE IF: pregnant/nursing, poor dental health (decayed teeth, exposed roots, gum disease, wear braces, recent oral surgery, jaw problems). Some people will experience reversible tooth sensitivity and gum irritation. This will disappear within a few days after discontinuing use, when you decrease the amount of time you whiten your teeth, or when you increase the amount of time between whitening sessions.