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WHITENING INSTRUCTIONS

****Prescribed Strength:** _____

Congratulations! You are on your way to a beautiful whiter, brighter smile. Please read this guideline thoroughly before beginning. This will ensure less wasting of the whitening material.

One syringe of whitening material, theoretically, should be enough to do **all of your teeth** in your upper and lower arch. If you are only whitening one arch at a time, you should only be using $\frac{1}{2}$ a syringe per application. If you are whitening both upper and lower teeth you may opt to alternate, the upper arch one day/night and the lower arch the next. Some cold sensitivity is expected with whitening; using the alternating method may alleviate some of that.

Please keep in mind that crowns, veneers, and composites (tooth colored fillings) do not whiten.

- Begin with your front six teeth then work toward the back. Place a small dot of the whitening material on the middle front (face) of each tooth on your whitening tray. You want to put enough material to cover the front of the tooth only.
- If any material leaks out of the top of the tray where your gum is, wipe it off with a tissue to avoid irritation. Applying the material to the front six teeth should only use $\frac{1}{4}$ of the syringe. Use an additional $\frac{1}{4}$ for the remaining teeth toward the back of your smile.

It is recommended to wear the trays overnite for a full 8 nights. (~However, if you absolutely cannot sleep with them in you may use them 2X a day for an hour each time although this is not the ideal method.)

HELPFUL HINTS:

~For a longer shelf life, store your syringes in the refrigerator.

~While whitening your teeth you will want to avoid tooth-staining foods such as: red wine, coffee, tea, soy sauce etc. (especially the first $\frac{1}{2}$ hour after bleaching).

****Please take note of the prescribed strength, so when it's time for a touch up, we can give you the same strength.**