

Union Springs
207 North Cayuga St.,
Union Springs, NY 13160
315.889.7347



Seneca Falls
96 Cayuga Street.,
Seneca Falls, NY 13148
315.568.5656

Instructions for Take Home Whitening Trays

- Brush and floss teeth prior to use of trays
- Place tear drop sized amount of whitening gel in front part of trays
- Insert over teeth, wipe off any excess amount that may have extruded onto gum tissue
- Do not eat or drink while wearing trays, avoid swallowing gel
- Keep trays in for 30-60 minutes
- After use remove trays and brush off residual gel on teeth and rinse, also clean trays with toothbrush and toothpaste with cool water. Hot water will warp trays
- Place trays in case provided, keep away from direct heat and pets. Pets are attracted to things that have come in contact with human saliva
- Use trays daily until you receive your desired result
- If sensitivity occurs you may skip a day
- We recommend using Preident tooth paste to help with sensitivity. We offer that product right here in our office
- After reaching your desired shade you may dull after time. We recommend touch-ups at your discretion. Most people touch up monthly or bi-monthly for 2-3 days.

Please call or stop in the office to purchase additional gel, or with any questions.