

Magnuson Dental Design

TOOTH WHITENING SYSTEM

- Brush and floss teeth. Rinse mouth well. This step removes stain and debris to improve surface contact with whitening gel.
- Place a drop of whitening gel in the tray for each tooth to be lightened. (8-10 front teeth)



- Insert tray into mouth over teeth and distribute gel with light finger pressure. Be careful not to press too hard and express material from tray. If whitening gel does get on gum tissue, lightly brush off with toothbrush while tray is in place.
- Whitening procedure:
Wear tray one hour per day during waking hours. Avoid sucking on tray and playing with your lips.

-OR-

Wear loaded tray while sleeping. If you awaken after a couple of hours, tray can be removed. Gel is active for approximately 2 hours, gradually decreasing in strength. The reason for wearing tray during sleep is to avoid sucking on tray and playing with your lips thus expressing gel from tray.

- Brush teeth and tray after each use. Rinse the tray in cool water, as heat may distort it. Sensodyne toothpaste containing fluoride is encouraged.
- The average time for optimum color change to occur is 8 weeks (4 weeks on upper and 4 weeks on lower), although effects may be noticed as early as a few days.
- Examination appointments are necessary every 7-14 days to check the progress of the whitening and condition of the gum tissue.
- Call our office (269-382-4300) if you have any questions or if you experience tooth sensitivity, gum irritation, or any other adverse reaction.