

Instructions Following In-Office whitening treatment

- Do not smoke for 48 hours
- Avoid foods and beverages that stain (red sauce, blueberries, juice, coffee, tea, etc.)
- Mild sensitivity to hot or cold liquids may occur. This usually passes within 1 – 2 days. If sensitivity persists, we recommend taking over the counter pain medication.
- If you experience gum sensitivity do not brush the afflicted area while brushing your teeth.
- Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the color to tone down somewhat after treatment when your teeth rehydrate to a natural white tone.
- Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking colored beverages (red wine, coffee, tea, etc.)
- Touch-up treatments may be needed every 6-12 months to retain color. You are being sent home with take-home trays and Rock Star whitening gel to do 2 weeks treatment. More whitening gel can be purchased as needed.
- Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these may need to be changed in order to match your new smile.

How to use your take home trays:

1. Brush and floss teeth.
2. Take the syringe out of the kit. Remove the cap.
3. Place a small drop of gel into every compartment of the tray for all the teeth undergoing treatment (We do recommend to bleach all teeth in smile line only)
4. Place the tray into your mouth, over your teeth.
5. Some of the gel may ooze out over the tray and onto your surrounding gums and tissue. Wipe away this excess gel with a Q tip.
6. Wear the trays for an hour or two a daily for 2 weeks, unless otherwise instructed by our team.
7. After treatment, remove tray. Rinse tray and mouth with lukewarm water.
8. Brush teeth.

Precautions:

- To be used under the supervision of a dentist.
- Keep out of reach of children and pets.
- Not to be used by pregnant or lactating women or children under 14 years old.
- Patients with a history of chemical allergies are advised to carry out allergy testing by a specialist before using these products
- Discontinue use if any unusual sensitivity or reactions occur and call our office at 301-330-9644.
- Do not inject gel into the body.
- *Whitening is not a once on a lifetime event – your results will fade over time. How long whitening lasts varies between each individual and depends on a number of factors, including: age, starting tooth shade, history of trauma to teeth, diet, oral hygiene, and smoking.

