

## Instructions for using Nite White tooth whitening gel

If you have been assessed as a good candidate for “bleaching” or whitening, Nite White will prove reliable in achieving results if the following instructions are followed:

- Always brush and floss teeth before using Nite White
- Position the mixing nozzle on the end of gel syringe and secure it by twisting it in a clockwise direction.
- Place a small amount of Nite White gel in each tooth compartment of the tray that opposes the front surface of your teeth (as shown during your appointment). There is no need to apply bleach to all surfaces on the tray.
- Place trays in mouth for about 90 minutes per day. Evening after dinner seems to be what most people prefer.
- Trays should be comfortable and there should not be any excess bleach. If there is try using less bleach next time
- You can sleep with the trays in if this is what you prefer. However, it is only active for one and a half to two hours.
- After removing the trays rinse in cold running water. Be careful not to distort the trays.
- Brush teeth after using Nite White bleach to remove any excess gel
- Store trays and Nite White bleach in a cool place
- Continue using Nite White bleach for 14 days or until you reach the desired shade
- Call the surgery if you experience sensitivity or if there are any other concerns.