

### **Teeth Whitening Instructions for Sensitive Teeth**

It is important to remember that teeth whitening products can cause increased teeth sensitivity to hot and cold. This kit is designed to be gentle and minimize the possibility of sensitivity. The first time you whiten your teeth start with just 30 minutes and see if you experience any increased sensitivity.

1. Express a thin line of gel in each tray so that the front of the teeth will be contacted most.
2. Each tube should be enough for 5-8 whitening sessions.
3. Place the whitening trays in the mouth and wipe off any excess gel from the edges of the retainer with finger.
4. Start off with less time (30 minutes) and then increase time if sensitivity does not increase. You can achieve a significant lightening of you enamel with only 30 minutes to 1 hour each session.
5. Do not exceed 4-6 hours per session. **DO NOT WHITEN YOUR TEETH WHILE YOU SLEEP!**

REMEMBER, THE LONGER YOU WHITEN AT EACH SESSION THE MORE RISK OF TOOTH SENSITIVITY.

### **Desensitizing Gel**

This gel helps to heal and remineralize your enamel after you whiten. It also helps to decrease any small sensitivity you may experience from whitening.

1. After whitening rinse thoroughly and brush if you desire. Rinse any remaining whitening gel from your whitening trays.
2. Express the desensitizing gel into your whitening trays in the same manner you did for the whitening gel.
3. Wear trays for 15-20 minutes. If possible, remove trays and spit out any extra gel and go to sleep with desensitizing gel on your teeth. The product will continue to strengthen your teeth while you sleep.