

# TAKE-HOME WHITENING INSTRUCTIONS

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Thank you, again, for trusting MINT dentistry with your dental needs. We are very excited and grateful to have you as one of our patients. Below are basic instructions to guide you through the teeth-whitening process. Keep in mind, whitening your teeth comes with temporary sensitivity (the gel contains bleach). It is important to be careful that you don't use too much when applying the bleaching gel in the tray. In fact, you can't use too little.

Put a very little dot (about this size •) on the facial surface of each tooth in the tray (the sides of the teeth people see). No need to waste any gel on the teeth in the back of the mouth (teeth not visible when you smile). Both the surface tension and the surface saliva will help spread the dental bleaching gel.

We recommend wearing your trays for 45 minutes a day. After getting comfortable with the sensations associated with whitening (and if your teeth are not very sensitive), you can use the gel for up to 3.5 hours a day, or two times a day for 45 minutes.

Remember, don't put too much gel in the trays. Wipe off any excess gel that appears on the gums. If not removed, the gums will be sensitive or appear white for about an hour or two.

Sensodyne and Fluoride will help decrease sensitivity. Swishing with toothpaste for 5 minutes after whitening is always helpful with sensitivity and recommended for regular use.

If you have sensitive teeth, skip days between wearing the trays or wear the trays for only 30 minutes at a time and swish with toothpaste for about 5 minutes after each wear. Each syringe of gel can get you 1-3 shades whiter. We recommend at least 3 more syringes if your goal is 6-9 shades whiter. **We will provide you with a syringe at every cleaning. All we ask is that you tell your family, friends, and co-workers about us, your experience at our office, and our FREE WHITENING SPECIAL (available to anyone with PPO dental insurance — no strings attached).** If you have any questions or concerns, please don't hesitate to call/ask.

With your health in mind,

**MINT dentistry**  
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