**Custom Whitening Trays**

Current Shade: \_\_\_\_\_\_\_\_\_\_ Desired Shade: \_\_\_\_\_\_\_\_\_\_\_

Tray wear time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**How to care for the product:**

* ​Keep the product in a cool dark place, best if kept refrigerated
* Always recap the product after each use
* Keep trays in whitening case or on tooth model when not in use
* Store trays in a safe place, specifically out of reach from pets and children

**How to use tray:**

* Brush and floss teeth 20 minutes prior to whitening and after removal of trays.
* Apply a small pin sized drop into the inner front surface of each tooth, do not overfill the trays. If the trays become overfilled, wipe the excess away with a cotton swab or quaze. Do not swallow excess product!
* Avoid acidic or staining foods before, during, of after use (Ex. coffee, wine, spaghetti, citric fruits, etc.)

**Sensitivity / irritation**​: It is common to experience sensitivity while using teeth whitening products. This is not harmful to your teeth, but if increased sensitivity occurs reduce frequency and time used until the sensitivity reduces. To help with sensitivity, you can use a desensitizing toothpaste containing neutral sodium fluoride or potassium nitrate to help rehydrate the teeth. This can also be placed in the whitening trays and worn for 30 minutes a day. If gum irritation occurs, reduce the amount being placed in trays or discontinue use of product.

Table

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