

# Patient Instructions



## RECOMMENDED USAGE

- Avoid overfilling the tray. Remove any excess gel that oozes out to minimize potential gum irritation.
- Wear tray for 30 minutes once a day, or as instructed by your dentist.
- If you have any questions about your treatment, consult your dentist.

## PROCEDURE FOR WEARING THE TRAY

STEP 1: Thoroughly brush your teeth with a fluoride toothpaste such as Colgate Total® toothpaste.

STEP 2: Place a small drop of Colgate Visible White™ in the tray, for each tooth that needs to be whitened (see guideline on right). Do not overfill.



STEP 3: Place the mouth tray with the gel into mouth and over teeth. Press gently against mouth tray with your fingers to put tray in place.

STEP 4: If gel oozes out as you place the tray, remove excess gel from gums with an absorbent material such as a cotton swab, making sure to remove all gel from your gums and gum line.

STEP 5: Wear tray for 30 minutes or as instructed by your dentist. When treatment has been completed, remove mouth tray. Brush your teeth with a wet toothbrush to remove any residual whitening gel.

## GUM IRRITATION

Prolonged gel contact with gum or soft tissue may cause gum irritation. Potential irritation can be minimized by not allowing gel to stay on gum/lips:

- Upon placing trays, wipe excess gel with absorbent material such as cotton swab or cloth.
- Use less gel.

## **TOOTH SENSITIVITY**

Whitening treatments can cause tooth sensitivity among some patients. To minimize sensitivity:

- Your dentist may recommend a sensitive toothpaste to be used before or during the treatment period.
- Try whitening every second or third day.
- Avoid hot or cold beverages 30 minutes after treatment.

If you experience more than mild tooth sensitivity, discontinue treatment and consult your dentist. Sensitivity usually goes away in 1-3 days after treatment has been stopped.

## **FOR OPTIMUM WHITENING RESULTS**

- Refrain from eating and drinking during, and for thirty minutes after treatment.
- Avoid tobacco as well as stain-causing beverages such as coffee, dark colas and red wine during treatment.

## **CLEANING AND STORAGE**

- After treatment, rinse mouth tray under water, using a wet toothbrush to clean any adhered whitening gel from tray.
- Store mouth tray in the storage case (provided with the full kit). Keep in a cool, dry place.
- Store syringes at room temperature. Do not freeze. Avoid exposure to temperatures above 90° F.

## **PRECAUTIONS**

- Do not use if pregnant or nursing.
- Use only under the supervision of a licensed dentist.
- Keep out of reach of children.
- Adult supervision is recommended for patients ages 12-18.



This product was purchased from your dentist. If discomfort occurs, discontinue use and consult your dentist.

For comments or questions, call Consumer Affairs at

**1-800-962-2345.**

Product is covered by one or more of the following patents:

5,376,006, 5,725,843, 5,746,598, 5,759,037, 5,759,038, 6,086,855, and 6,183,251 B1

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