

**Dental Professionals on Whitesburg  
8315 Whitesburg Drive, S  
Huntsville, AL 35802  
256-883-6770**

**INSTRUCTIONS FOR HOME WHITENING**

- 1. Brush and floss thoroughly. Plaque buildup may decrease whitening solution contact with teeth.**
- 2. Place a small dot of whitening solution in the tray on the front side of all the teeth.**
- 3. Seat the tray over your teeth.**
- 4. Wipe off any excess solution that is on your gums.**
- 5. 30% – The tray should be worn 20-30 minutes twice a day, 7 – 10 days.  
20% – The tray should be worn 30 minutes twice a day, 14 – 20 days.  
11-16% – The tray should be worn 1-2 hours per day, or overnight for 7-12 days.**
- 6. The tray should be removed while eating.**
- 7. Rinse the tray thoroughly after use. Do not use hot water. To prevent distortion by bending, store your tray only in the plastic box provided.**
- 8. Excessive heat or light will inactivate the solution. Do not leave it or the tray in your car.**
- 9. Home whitening solution must be refrigerated for long-term storage.**
- 10. When you return for follow-up exams, please bring your trays and solution.**
- 11. If you experience irritation from the tray or solution, discontinue use and call the office before resuming use.**