



TAKING FAMILY DENTAL CARE TO THE NEXT DEGREE

WHITENING INFORMATION

COLGATE OPTIC WHITE (WITH LIGHT)

*THIS KIT IS USED **BEFORE** BED TIME.

BEFORE YOU BEGIN, BRUSH AND FLOSS YOUR TEETH.

1. APPLY A SINGLE, THIN LAYER OF SERUM TO EACH TOOTH TO BE WHITENED AND WAIT 15 SECONDS FOR A CLEAR COATING TO FORM.
2. TURN ON DEVICE AND CAREFULLY PLACE IN MOUTH FOR 10 MINUTES. REMOVE DEVICE AND SIMPLY GO TO BED. THE DRIED SERUM WILL STAY ON YOUR TEETH OVERNIGHT.
3. THE NEXT MORNING, REMOVE DRIED SERUM BY BRUSHING AS USUAL.
4. REPEAT EACH NIGHT FOR 5 NIGHTS.

- WE RECOMMEND USING SENSODYNE TOOTHPASTE DURING TREATMENT TO HELP REDUCE CHANCES OF TOOTH SENSITIVITY.
- TRY TO AVOID FOODS/DRINKS THAT COULD STAIN A WHITE T-SHIRT (I.E. RED WINE, COFFEE, DARK SODAS, TEAS, MARINARA SAUCE) AS THEY CAN INTERFERE WITH WHITENING PROGRESS.
- IF SENSITIVITY OCCURS, DISCONTINUE WHITENING FOR A FEW DAYS.
 - TAKE AN ANTI-INFLAMMATORY LIKE IBUPROFEN
 - AVOID HOT AND COLD FOODS/DRINKS
 - CONTINUE WHITENING IF DESIRED SHADE HAS NOT BEEN REACHED
- IF DENTAL TREATMENT IS NEEDED AFTER WHITENING (VENEERS, FRONT BONDING, ETC.), USUALLY A TWO TO THREE WEEK WAIT TIME BEFORE THE APPOINTMENT FOR TREATMENT IS NEEDED TO ALLOW TEETH TO REHYDRATE.

CALL/TEXT/EMAIL OUR OFFICE AS NEEDED FOR MORE INFORMATION

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