



TAKING FAMILY DENTAL CARE TO THE NEXT DEGREE

WHITENING INFORMATION

COLGATE OPTIC WHITE (TRAYS)

*THIS KIT IS USED BEFORE BED TIME OR ANY TIME OF DAY THAT ALLOWS 30 MINUTES AFTER WITHOUT EATING OR DRINKING.

BEFORE YOU BEGIN, BRUSH AND FLOSS YOUR TEETH.

1. LOAD TRAYS WITH WHITENING GEL AS DIRECTED BY YOUR DENTAL PROFESSIONAL.
2. PLACE TRAYS IN YOUR MOUTH. IF GEL OOZES OUT ONTO GUMS, USE A COTTON SWAB TO REMOVE GEL FROM YOUR GUMS. GUMS MAY FEEL IRRITATED IF THIS HAPPENS BUT WILL GO AWAY.
3. WEAR TRAYS FOR 30 MINUTES AND THEN REMOVE. BRUSH TEETH WITH WATER AND CLEAN OUT GEL FROM THE TRAYS.
4. REPEAT

- 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, 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

CALL: 630.963.7766

TEXT: 630.478.2527

EMAIL: SMARTMOUTH@SMARTMOUTHWOODRIDGE.COM