

# SMILE ISLAND

PEDIATRIC & ADULT DENTAL GROUP

## Whitening

1. Brush and floss your teeth right before whitening.
2. Apply a SMALL amount of whitening gel in each tooth of the tray. (If you have any crowns you do not need to put gel in those teeth)
3. Place trays in your mouth and wipe off any excess gel that may have gotten on your gums.
4. Whiten for up to 30 minutes. If your teeth are sensitive, decrease the amount of time or you may use sensitivity toothpaste.
5. Take whitening trays out and brush all the gel off of your teeth. Also brush the whitening gel out of the trays and store trays in the case.
6. You may whiten everyday or every other day until you achieve the shade you desire. It may take 1 to 2 weeks the first time you use trays to achieve the whiteness you want. Then you may just have to touch up every couple months or so depending on how fast your teeth stain.
7. Do not eat or drink anything that may stain your teeth right after whitening such as coffee, tea, soda or etc.



**Smile Island Pediatric and Adult Dental Group**  
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