



## GORTON & SCHMOHL ORTHODONTICS

### TOOTH WHITENING INSTRUCTIONS

Congratulations on completing your orthodontic treatment! Dr. Gorton and Dr. Schmohl would like to give you the gift of a whiter smile. We are providing you at no charge 2 tubes of tooth whitening gel, which can be used with your new clear retainers. Please follow these instructions carefully to achieve the best results:

1. Thoroughly brush and floss your teeth.
2. Express a small dot of gel on the part of the tray that covers each of the ten front teeth, avoiding the gum tissues.
3. Seat the retainer firmly on your teeth.
4. Gently wipe off any excess gel with a toothbrush or tissue. You may rinse your mouth out with water if needed but do not swallow.
5. Do not eat or drink anything while the whitening gel is in your mouth.
6. When the retainer is removed, clean it with cool water and place it in its case. Brush and rinse the remaining gel from your teeth.

We recommend using the whitening gel during waking hours, no more than one hour per day. In this way you can better monitor potential side effects such as gum or tooth sensitivity. The whitening does not need to be done on consecutive days and the number of days needed will vary according to your individual desired results.

Results should be noticeable within four to seven days. Whitening should never continue for more than 14 days. To monitor the whitening change, we recommend starting with your upper teeth so that you can use the lower teeth as comparison. After the upper whitening is complete, follow with the lower.

Store your whitening gel at room temperature away from heat or direct sun light. Unused gel can be stored in the refrigerator to ensure one-year shelf life. For additional tooth whitening services, contact your dentist.