



**SHAPIRO
DENTAL**

Shapiro Dental

1410 Salem Hills Dr

St. Louis MO, 63119

Instructions for Take Home Whitening Trays

1. Brush and floss teeth prior to use of trays
2. Place teardrop sized amount of whitening gel in front part of trays
3. Insert over teeth, wipe off any excess amount that may have extruded onto gum tissue
4. Do not eat or drink while wearing trays, avoid swallowing gel
5. Keep trays in for 30-60 minutes
6. After use remove trays and brush off residual gel on teeth and rinse, also clean trays with toothbrush and toothpaste with cool water. Hot water will warp trays
7. Place trays in case provided, keep away from direct heat and pets. Pets are attracted to things that have come in contact with human saliva.

- Use trays daily until you receive your desired result
- If sensitivity occurs you may skip a day
- We recommend using Prevident toothpaste to help with sensitivity. We offer that product right here in our office.
- After reaching your desired shade, you may dull after time. We recommend touch-ups at your discretion. Most people touch up monthly or bi-monthly for 2-3 days. Please call or stop in the office to purchase additional gel, or with any questions.