



Internal (Non-Vital) Tooth Whitening Instructions

Step 1

Place whitening gel into whitening tray as instructed by your dentist.

Step 2

Remove cotton wool ball from back of tooth with tweezers.

Step 3

Wash out cavity thoroughly with water using syringe provided.

Step 4

Dry cavity with clean cotton wool ball, removing ball after drying.

Step 5

Insert whitening gel into cavity until the cavity is full, then insert whitening tray.

Step 6

Change the gel inside the tooth every 3 hours by removing the tray and immediately adding fresh gel to the inside of the tooth only, before re-inserting tray.

Step 7

Continue changing the gel through-out waking hours during the 3-days of internal whitening.

Step 8

Remove trays for eating and cleaning of teeth only; you can sip water when wearing the whitening trays.

Step 9

Pack cotton wool in cavity before eating, and repeat steps #2-#5 when replacing tray.

Step 10

Wear the trays over-night with fresh gel placed at bedtime.

Step 11

At the end of whitening session, remove tray and rinse cavity again with water using the syringe, packing the cavity with cotton wool when not whitening tooth.

Step 12

Please remember to return any instruments provided at the end of treatment.