



DR. DAVID RUSHKA INC.
GENERAL DENTISTRY

Whitening Instructions

1. Brush and floss teeth without toothpaste before application.
2. Place a small drop of whitening gel in the front center of the tray for each tooth you that want to whiten. Do not overfill.
3. Seat the tray in your mouth. Wipe away any excess gel in your mouth with a tissue or dry soft toothbrush.
4. This whitening product requires one to two 30 minute treatments per day for up to two weeks. One morning and one evening session is recommended.
5. After treatment, remove the tray and rinse both your tray and mouth with warm water. A toothbrush may be used to gently remove any gel from the creases. (Hot water will distort the tray).

Please note: People experiencing sensitivity may require taking a break between treatments (for example: whitening once per day or every other day) or shortening the treatment time to provide some relief. Applying toothpaste for sensitive teeth (e.g. Sensodyne) to affected areas with a finger and leaving it in place has proven helpful for some patients.

Do not eat, drink or smoke during whitening treatment. Food and drinks containing strong colors such as coffee, tea, red wine, and blueberry pie should be avoided for at least 48 hours after whitening. If you have any questions or concerns please call our office at 250-374-3353.