



BUI FAMILY DENTISTRY

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INSTRUCTIONS FOR WHITENING

For Whitening Strips:

1. Clean and dry your teeth. Excess saliva can reduce adhesion and effectiveness. You may dry your teeth using a napkin/towel and by inhaling with your lips open and teeth closed. The lower teeth are typically harder to keep dry than the upper teeth.
2. Open one individual pouch – it contains one upper and one lower strip. Peel the strip off the liner.
3. Place the gel side onto your teeth. Align with your gumline, minimizing contact with gum tissue. Press gently and fold over your teeth so the strip adheres snugly and smoothly. Repeat for upper/lower.
4. Wear the strips for 30 minutes, once per day. This product has no additional benefit from longer or overnight wear.
5. Peel off the strips and rinse with water to remove leftover gel.
6. Continue treatment for 14 days for best results.

Sensitivity – Teeth may feel sensitive to cold, heat, or pressure. Use **desensitizing toothpaste** to reduce discomfort. Treatment does not need to be completed on consecutive days; breaks of one to three days can be taken as needed.

Diet – Do not eat or drink anything besides water for 1 hour. Avoid foods and beverages that can stain or are highly acidic. Examples include coffee, tea, red wine, soda, orange juice, lemonade, berries, tomato sauce, chocolate, and candy. Avoid smoking and tobacco products.

Best practices:

- Complete treatment before bedtime.
- Take before and after pictures to confirm results.
- Maintain results by repeating one session once a month.

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Your Forever Dental Home