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Teeth Whitening

Congratulations, you're on your way to a whiter, brighter smile!

Thank you for allowing us to help you achieve your better smile, here at A Reason to Smile. Doctor Smith's choice of whitening gel for you will help your smile be its brightest and whitest.

We prescribe 15%, and 20% tooth whitening gel to our patients. This gel has a great mint flavor, is easy to use, and has a 2 year shelf-life. Although not required, your gel is best kept in the refrigerator.

With Your Kit You Should Have:

Your new whitening trays that have been custom made to fit your mouth.
Tube of whitening gel containing 4 syringes
Storage case

Instructions:

Brush and floss your teeth before whitening. Syringe a small dot on each tooth in the lining of each tray. Place the tray(s) in your mouth and make sure the tray is completely seated. Gently remove any excess gel with your finger or a dry toothbrush. After whitening, remove, brush, and rinse the trays with cold water then place the trays in your container. Brush your teeth to remove any excess gel. Always store your whitening trays in their case.

If your whitening gel is 15% you may whiten for one hour 3-4 times a week. If you have been prescribed 20% whitening gel, do not whiten any longer than 15-20 minutes a day 3-4 times a week. Continue until you have reached the desired shade. Do not whiten for more than 2 weeks at a time.

If your teeth become sensitive stop whitening for a couple of days and decrease the time of your whitening. If the gums surrounding your trays change appearance in any way, this means you are using too much gel. Refrain from whitening for a couple of days, then begin again using less gel.

If you have any questions, please call us at (208) 343-1393 or send an email to frontdesk@areasontosmileboise.com