

# Metro Dentalcare

## Metro Dentalcare's Instructional Guide for Discus Dental's Whitening Products

Please follow the directions carefully. If you have any questions, or if more than mild tooth sensitivity develops, cease the treatment and contact your dentist.

| <b>Concentration</b>                                     | <b>Recommended Wear Time</b>  |
|--|---|
| Nite White 16%   | Overnight while sleeping or 4-6 hours during the day                |
| Day White 9.5%   | 30 minutes twice per day  |
| Nite White 22%**<br>**Special Cases Determined by Doctor | 1 hour once or twice per day – do not exceed 1 hour per application |

### Procedure – Instructional Diagram Is On Back Of Every Excel 3 Kit

1. Floss and brush your teeth. Next remove the clear plastic cap from the syringe and replace with a mixing nozzle.
2. Place a small amount of gel in each tooth compartment in the tray. To guide you, a small teardrop size should be the average size drop you should dispense into each compartment. Remember this is a guide only, if you have smaller teeth, dispense a smaller amount and conversely, if you have larger teeth, dispense a larger amount. Each syringe has 6 calibrated treatment doses. Use up to one dose per tray application. In general, less than one dose per tray is preferable to an amount greater than one dose.
3. Place the tray with the gel in the mouth.
4. Remove excess gel with your finger or dry toothbrush. When inserting the tray, be sure the tray is completely seated. You may see “bubbling” within your trays while wearing them. This bubbling is actually part of the whitening process.

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5. After whitening (see above chart for recommended wear time), remove and rinse the trays with cold water. Hot water may damage the trays. If necessary, use a toothbrush to remove any residual gel. Place the trays in the storage case, and store them in a cool, dry place. Rinse and brush excess gel from the teeth.

### **Additional Information**

- Whitening with Nite White Excel is recommended for a two week time period. If you experience some sensitivity, you may wait one night before whitening again.
- Some patients experience increased tooth sensitivity to cold during treatment.
- If your teeth are sensitive or you experience sensitivity, you may want to have your Dental Professional prescribe a home fluoride paste to reduce sensitivity. Other patients may have nonspecific sensitivity in their teeth, gums, tongue, lips or throat. If any of these symptoms occur, and are more than mild, discontinue the treatments until you speak to your dental professional.

It is also recommended you stay away from staining foods, liquids, and substances during this period for this may slow the whitening process:

- Teas & coffee
- Red wines
- Colored soda
- Tobacco products
- Colored sauces
- Colored Condiments

Keep syringes away from heat and direct sunlight.