

## Post-Operative Instructions

### Whitening Instructions-Venus White Pro

1. Brush AND floss teeth prior to whitening, whitening is most effective on clean teeth
2. Make sure trays are clean and dry prior to dispensing whitening gel into your trays
3. Remove syringe from case and snap tip cover from the end
4. Load the tray, depress the plunger and fill each tooth in the tray with a pearl of gel, from the second premolar to the second premolar
5. Position tray over your teeth and gently press tray to move the gel into place. Wipe away any excess gel, which seeps over the brim of the tray, off of your gums with a tissue or your finger.
6. Wear tray based on what was prescribed to you:

#### 3 options

1. 16 % - Daytime use: wear 4-6 hours, once per day. Nighttime use: Wear up to 8 hours during sleep. *If sensitivity occurs, switch to daytime use instructions.*
  2. 22% - Daytime use: Wear 60 minutes, once a day or twice a day. Nighttime use: Wear up to 8 hours during sleep. *If sensitivity occurs, switch to daytime use instructions.*
  3. 35% - Daytime Use: Wear 15 minutes, twice a day OR wear 30 minutes once a day.
7. After whitening, remove the tray and rinse your teeth. Brush away any remaining gel.
  8. Clean your whitening trays with a toothbrush and cold water. Store trays in the tray holder and gel in a cool dry place away from heat and direct sunlight.

9. Avoid dark colored liquids and foods such as coffee, tea, red wine, raspberries, strawberries, or cranberries and tobacco products for several hours after whitening.