Tooth Whitening Chart—to assist in determining effectiveness of your whitening treatment

1. Identify scale appropriate for your teeth. If no scale seems appropriate, use the first scale (A) as matching luminance is more important than color.
2. Fold paper back from fold line of your selected scale.
3. Using a mirror, place chart against your teeth under natural light.
4. Squint slightly to blend each swatch with your teeth to find the best brightness match.

CAUTION—Follow whitening product directions. Note, brightness is affected by brightness of paper used to print chart. It was prepared by me—a clueless, color-blind amateur who knows nothing about teeth whitening—for his own use. I am not affiliated with any product with which this chart may be distributed. Use this chart at your own risk. No warranties of any kind are provided. Moreover, after using this your teeth will be pretty much hosed, you’ll lose your job, girlfriend, respect of your dog—generally an irredeemable worthless excuse for a hominid.

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