

INSTRUCTIONS FOR AT-HOME BLEACHING

1. Place a thin, continuous line of bleaching gel into the deepest part of the bleaching tray.
2. **Clean your teeth** to remove stain and debris to improve contact with the bleaching gel.

Brush your teeth with toothpaste.
Floss.
Rinse your mouth well.

3. **Insert tray** so it seats firmly around your teeth.

Wipe excess gel from gums with tissue.
Keep tray seated firmly around teeth.
Do not grind teeth against tray.
Remove tray during meals.

Wear loaded tray 2 to 3 hours daily, changing bleaching gel every hour.

4. **Clean and rinse your bleaching trays** with warm water and brush both your teeth and the tray after each bleaching session. Store trays in case.
5. **Schedule “bleaching check” appointments** as recommended.
6. **Should any discomfort occur**, discontinue use and consult our office.

NOTE: Your teeth may become sensitive to hot and cold. This is usually the most noticeable for several hours after bleaching tray is removed during the first week of use. To minimize sensitivity, don't overdo the first week. You may try skipping a day and/or limiting bleaching session to 1 hour daily for the first week.

Keep your smile whiter by decreasing or eliminating the use of products that darken teeth such as coffee, tea, nicotine and caramel-colored drinks.

Store bleaching gel at room temperature away from light.