



BLEACHING INSTRUCTIONS

- Brush and floss teeth using regular oral hygiene techniques.
- Fill each tooth well in the bleaching tray with a small amount of bleaching gel.
- Insert the tray in your mouth and wipe away with a washcloth or tissue any excess gel that flows out onto your gums. (Use less gel in the tray at the next application.)
- Wear the tray for at least 30 minutes. 1 to 2 hours is preferable and it can be worn over night.
- After removing the tray from your mouth brush your teeth and tray to remove any residual gel.
- This process can be done twice a day if desired.
- A bleach check-up appointment should be scheduled two weeks after the bleaching process begins.
- ***IF ANY SENSITIVITY TO THE TEETH OR GUMS DEVELOPES STOP BLEACHING FOR A FEW DAYS.*** You may begin bleaching again after the sensitivity has stopped but bleach only every other day. If the sensitivity returns stop bleaching and call the office.