

BLEACHING INSTRUCTIONS

- 1) Brush and floss your teeth before and after inserting the gel-filled custom made trays.
- 2) The trays should be worn one hour each day for 7 days.
- 3) Rinse trays in warm running water after wearing. To effectively clean the tray, brush gently with a toothbrush to remove the gel material.
- 4) Do not sleep with the trays in your mouth as:
 - a. You may wear them beyond the prescribed time
 - b. You may increase the chances of damaging the tray if you grind your teeth
 - c. You may increase the amount of gel that you ingest.
- 5) During the entire whitening procedure (the end point is after your in-office fluoride treatment), avoid high staining foods such as:
 - a. Blueberries
 - b. Coffee
 - c. Chocolate
 - d. Tea
 - e. Candies, etc

If you should experience any sensitivity while bleaching your teeth, discontinue use and contact our office.