



Teeth Bleaching | Instructions

It's important that you use the bleaching gel properly so that you get the best results and experience the least amount of sensitivity.

1. Prior to Treatment

Brush and floss prior to bleaching your teeth. The bleaching gel is most effective when teeth are clean. Also, **make sure bleaching trays are clean and dry** before applying the bleaching gel. Moisture reduces the efficiency of the gel and slows down the whitening process.

Carefully **apply a small amount of Vaseline to your gums** to help protect them from the bleaching gel.

2. Applying the Bleaching Gel

When you apply the gel make sure not to fill the trays. Place a **SMALL drop of bleaching gel** half way up on the inner front surface of tray (in the front of each tooth in the tray). **Do not spread the bleach around**. Recap the syringe for next treatment until empty.

3. Inserting the Bleaching Trays

Insert the trays over your teeth and **seat firmly against your teeth**. **Wipe away any excess gel** that seeps over the brim of the tray onto your gums by holding the tray in place with one hand and gently wiping the excess gel off of gums with a tissue.

4. Wearing Time

Initially, leave the trays in place for **up to 30 minutes**. Then, replenish bleach and **repeat process for up to two hours a day** until desired whiteness is obtained.

Do NOT smoke, eat or drink while bleaching your teeth.

5. After Whitening

Remove the trays and **rinse off your teeth**. Gently brush away any remaining gel, then brush, floss and continue routine dental cleaning. **Before bedtime, put fluoride toothpaste in trays**. Apply to teeth and **leave trays in place for 10 minutes** – do not rinse the toothpaste from your teeth after you remove the trays. The fluoride treatment is only necessary if you are experiencing tooth sensitivity. If sensitivity is excessive, increase fluoride treatments to 30 minutes and decrease bleaching to every other day.



6. Caring for Your Trays and Gel

Clean bleaching trays using a **toothbrush or Q-tip and cold water – do not boil.**

Store trays upside down in the tray holder provided to prevent water from pooling in the trays.

Store bleaching gel in a cool dry place, away from heat and direct sunlight. **Gel may be refrigerated** to prolong the shelf life – but do not freeze.

Warning: Keep bleaching gel out of reach of children and pets. Do NOT use if pregnant or nursing.