



BLEACHING INSTRUCTIONS:

Please brush your teeth before using the bleaching trays.

Uncap the syringe tip and place the contents evenly into the deepest part of the tray and toward the front side of the tray. Less than $\frac{1}{4}$ of the syringe will be necessary per tray (approximately 1/6). You should be able to whiten both the top and bottom teeth at least 3 times with each syringe of gel.

Seat the tray over the teeth. Gently remove excess gel that may flow beyond the tray's edge.

For the **22%** gel -- Daytime use: wear **60 minutes, once or twice a day.**

For the **16%** gel -- Daytime use: wear **4–6 hours, once per day.**

For the **10%** gel – Daytime or overnight use: wear **4-8 hours, once per day.**

After this time, take the tray out and brush your teeth. Thoroughly clean the gel from the tray.

PLEASE DO NOT

1. Do not eat or drink while wearing your bleaching trays.
2. Do not use bleaching products while pregnant or lactating.
3. Do not use tobacco products while wearing your bleaching trays.
4. Do not expose the whitening syringes to heat and/or sunlight. Keep in air-conditioned environment (refrigerator is best).
5. Do not freeze the bleaching syringes.

PLEASE REMEMBER

1. Teeth are normally darker around the gum line, requiring more time to lighten this area than the rest of the tooth surface. This area may remain darker than the rest of the tooth even after bleaching.
2. A small percentage of patients experience tooth sensitivity with bleaching. If this happens, contact us. It may be necessary to adjust your whitening schedule.
3. Some patients have noticed temporary discomfort of gums, lips, throat, or tongue. If this happens, contact us.
4. Various products (coffee, tobacco, smoke, etc) can stain your teeth again over time. Your teeth can be re-whitened with a few uses of the bleaching trays.
5. We recommend regular checkups and cleanings to keep your smile healthy before and after whitening.
6. Please call us with any questions or concerns!