

## **WHITENING TRAY INSTRUCTIONS**

- Load gel into trays about halfway full. Don't use more than ½ a syringe.
- Brush teeth before inserting trays.
- Put trays in and remove excess gel from gum tissue w/ finger or cloth.
- Rinse twice. Do not swallow rinsed gel.
- Wear trays for 10% 8-10 hrs day/ 15% 4-6 hrs day/ 20% for 2-4 hrs day.
- Initially start treatment for 2 weeks.
- Then touch up for 1-2 days about six months later if needed.
- Clean trays with soft brush and store in case provided.
- Sensitivity may occur. Stop treatment for a few days and sensitivity should subside. If it still occurs consult with the dental office. Use sensitive toothpaste about two weeks before to reduce sensitivity.
- Keep in mind to watch you intake of coffee, tea, red wine etc. to get optimal whitening.
- Bleaching does not affect tooth colored restorations or crowns.

## **IN-OFFICE WHITENING**

- Trays can be worn for touch up after treatment.
- Transient sensitivity may occur for about two days after treatment.
- We do the best to protect the gum tissue. Sometimes the tissue may appear white or inflamed after the treatment. This will go away in 48 hours.