

Bleaching Instructions

- Brush your teeth before bleaching.
- Insert a small amount of bleach along the outside edge of the bleach tray, enough that some excess bleach comes out the top.
- Place the tray in the mouth, use your finger to wipe extra bleach off the gums.
- Wear bleach tray accordingly:
 - 20% for 2-4 hrs. - 35% for 30 min.
- Remove excess gel with a soft toothbrush.
- If significant sensitivity occurs, stop treatment and consult the dentist.
- Clean tray with soft brush and cool tap water. Store tray in case provided.

White spots on the enamel or that appear during bleaching may blend during continued bleaching process. Teeth are naturally darker along the gumline. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker. Coffee, tobacco, tea and other tomato based products can restain your teeth over time. Teeth can be rewhitened within a few nights.