

Home Instructions for Bleaching Trays

1. Brush and floss before bleaching.
2. Place a small dot of bleach inside each tooth space in the tray (scrape the dot of bleach upward on the inside face of the tooth).
3. Wipe teeth with a dry paper towel to remove any saliva.
4. Insert trays, wipe away any excess bleach with a dry paper towel.
(A stinging sensation on the gum tissue, or overflow of bleach material are indicators that there is too much bleach in the tray).
5. Wear the trays for 1 hour.
6. Remove the trays and rinse them with cold water.
7. Rinse mouth with cold water.
8. Use bleach once a day until desired results occur.

For best results:

1. DO NOT eat or drink with bleaching trays in place.
2. DO NOT eat or drink dark colored foods for one hour after bleaching (coffee, red wine, dark tea, blueberries, tomato sauce).
3. DO NOT rinse tray with hot water.