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## **BLEACHING INSTRUCTIONS**

1. Make sure you brush and floss your teeth, prior to putting your trays in.
2. Place a small dot of gel into each tooth space in the tray. Place the gel on the facial (front) part of the tooth space, half way between where the cusp (top) of the tooth and the gumline is. The dot should be no bigger than this: [ ● ]  
The biggest mistake patients make is to use too much gel. Using too much WILL lead to gum irritation and increase temporary tooth sensitivity.
3. Place trays on your teeth.
4. Remove any excess gel from your gum tissue with your finger or a dry toothbrush.
5. Wear trays for length of time as discussed in the office, or as per the instructions in your kit. General guidelines are as follows:
  - a. 10% or 16% - Overnight for minimum of 5 hours.
  - b. 10% or 16% - 2 to 4 hours, twice per day for patients who cannot wear trays at night.
  - c. 22% or higher – One hour, twice per day. For extremely sensitive patients, reduce wear time to 30 minutes.
6. Remove trays after using and remove leftover gel in mouth with toothbrush.
7. Clean trays with toothbrush and cool water.
8. Store trays in case until next use, away from heat source.

\*We recommend patients to use Sensodyne toothpaste, or any sensitive type toothpaste while whitening to help reduce sensitivity.

**\*\*If you have any concerns or questions while whitening your teeth, please call the office at (804) 897-7900.**