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WHITENING TRAY INSTRUCTIONS

1. Before you start your whitening each day brush and floss your teeth.
2. Unscrew the stopper from the syringe and screw on the mixing well tip. Take the cap off the mixing well tip.
3. Express a tiny tear drop amount of gel inside the tray on the surface that will press against the front of the teeth. Place gel only on areas of the tray that fit on teeth that show in your smile. Place cap back on mixing well.
4. If you have teeth with crowns, implants, veneers or bonding do not place any material there as the whitening agent will not be effective in these areas.
5. Place the tray over the teeth gently. Push the trays gently to see the gel smear against the front surfaces of the teeth.
6. Remove any extra gel material with your finger or gauze to avoid irritating the gum tissue.
7. **Wear the tray for 2-4 hours a day for 14 consecutive days.**
8. After 2-4 hours, remove the tray and rinse with water and brush teeth in order to remove any extra gel.
9. To properly clean the trays use a soft bristled toothbrush, with cool running water.
10. Shake dry and place the trays back into the case provided. Do not close the lid until the trays are dry to avoid any bacterial growth
11. Some sensitivity may be experienced but should be temporary. It generally only lasts for 24-48 hours. During this time Sensodyne toothpaste can be used.
12. If a lot of sensitivity is experienced you may place Sensodyne F toothpaste in trays to allow the toothpaste to be in contact your teeth longer

Additional Information:

- Avoid coffee, tea, red wine, pop (particularly cola or dark liquids), berries, curry, tomato sauce and tobacco because they may cause staining to return or whitening effects to decrease
- Store the bleaching tray in a cool, dry location
- Whitening is not recommended while breast feeding or during pregnancy
- Keep your trays in order to touch up when you feel necessary.
- Touch up as needed but most people will **touch up 3 times a year for 3 days.**
- Some people do experience a sore throat after whitening and it is a result from the material coming into contact with the throat or swallowing the material. Avoid ingestion of material as much as possible.
- **Do not eat, drink, smoke, rinse or anything by mouth while the trays are in your mouth.**