

HOME CARE INSTRUCTIONS FOR BLEACHING TRAYS

- Always store the bleaching gels in the refrigerated area.
- Thoroughly brush and floss teeth prior to whitening treatment.
- Place small dots on the inside of the tray only where it's marked green; Make sure you don't use too much whitening gel because it can overflow and cause to burn your gums.
- Use the whitening overnight every day, however, if you feel sensitivity you can use every other day. If you are unable to use overnight, please use 3-4hours per day.
- After whitening, remove the tray and thoroughly brush teeth and rinse the tray with cool water.
- Avoid dark liquids and foods such as red wines, dark sodas, teas, etc. for several hours after bleaching teeth. The teeth need time to rehydrate after bleaching and these items could cause the teeth to take on their color.
- If you are still experiencing sensitivity you can use sensitive tooth paste.
- If you have any questions or concerns please contact our office at 703-821-8111.