



**General Dentistry
1591 Yanceyville St., STE 200 B
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(336) 272-6235**

Bleaching Instructions

1. Floss and Brush teeth.
2. Place a small amount of gel in tray on front surfaces of teeth only.
3. Place the tray with the gel in the mouth and leave 45 minutes to an hour.
4. Continue whitening until desired whitening is achieved.
5. After whitening, remove and rinse the trays with cold water. Place the trays in the storage case, and store them in a cool, dry place. Rinse and brush excess gel from the teeth.

DO:

- Pull syringe back to avoid leakage.
- Try to minimize consumption of coffee, tea, red wine and tobacco because these substances may re-stain the teeth during and after the whitening process.

DON'T:

- Use the treatment while pregnant or lactating.
- Overload whitening trays with gel since gum irritation may occur and you will waste materials.
- Eat, drink or smoke while wearing your custom bleaching trays.

If your gums or teeth become sensitive, discontinue use for 2-3 days and then continue bleaching as instructed. Patient should return to the office for evaluation if the discomfort or complications is noticed. Please call when additional bleaching gel is needed.

For the most obvious cosmetic improvement the patient should follow instructions consistently. ENJOY YOUR BRIGHTER SMILE!