

## **Please read before beginning.**

### **Bleaching Instructions**

- Rinse off trays before you use them.
- Use only COLD water to clean them. They will melt with hot water.
- Brush teeth before and after each use.
- Place a bb size amount of gel on the inside front of tray on each tooth.
- Place trays in mouth. Some gel may get on the gums. Gently wipe off any gel with finger or cloth.
- If teeth are not usually sensitive to hot or cold foods/liquids, you may leave trays in over night.
- If teeth are sensitive, use 2-4 hours daily. If still sensitive, use every other day or use for less time.
- Rinse with cold water and clean old gel out with toothbrush or Q-tip.
- Repeat process daily until desired shade. This should take about two weeks.

### **Precautions**

- Keep your models. It will be cheaper to replace trays if you ever need to.
- Everyone's teeth bleach differently and will reach different shades.
- During bleach processing streaking in teeth may appear on some teeth but will even out when bleaching is complete.
- If you leave the bleach on your gums it will cause irritation and gums may appear a little white. This will clear up quickly on it's own.
- Bleaching is not permanent and you will need to repeat the process as necessary. You are still eating the same food and drinking the same beverages that stain teeth. Some foods/liquids stain worse than others. Some examples are coffee, tea, tobacco, and all colored sodas such as peps and coke.
- Bleaching is very safe for teeth even if you feel sensitivity.
- Please remember, bleaching does NOT replace necessary daily oral hygiene practices including brushing and flossing. In fact, not doing them will slow the process and you may not reach desired results.

Bleach refills may be purchased at the office. If you have any questions or concerns please feel free to contact the office at (801) 796-3535.

**Thank You**