



Whitening Instructions

- make sure to brush and floss your teeth prior to starting bleaching process each time
- place a tiny amount of bleach into each tooth space (smaller than a pea size)
- If any happens to squeeze out of tray and onto gums, make sure to wipe off with tissue or paper towel
- For 22% bleach leave on for 30-45 mins - depending on sensitivity level
- For 16% bleach you can leave on for 2hrs- overnight depending on sensitivity level
- Once you take your trays out you want to rinse remaining bleach from mouth with water (do not brush teeth right after bleaching)
- Also brush the excess bleach out of trays - best to just use soap and water as toothpaste will wear trays down over time
- Make sure not to drink anything that will stain a white t-shirt for at least an hour after whitening. It is recommended to whiten after dinner before bed

Tips and tricks

- Make sure to keep trays away from animals - especially dogs as they like to chew them up
- Try not to leave them in a hot car as they could distort with heat and no longer fit correctly
- Do not put them in the dishwasher as they can do the same as above
- For best results you want to consistently bleach for 2 weeks (initially) -touch ups are as needed or desired
- If you experience sensitivity you can place sensodyne or any sensitivity toothpaste into trays and wear after bleaching for 30 mins to help decrease sensitivity
- Rinse mouth with water after drinking red wine, tea or coffee and after eating things like curry or turmeric