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BLEACHING INSTRUCTIONS

1. Brush and floss teeth thoroughly.
2. Place a small “pearl” size amount of bleaching gel into front facing side of tray.
3. Place tray into mouth, gently press into place, and wipe with a tissue to remove any excess gel.
4. Don’t have anything to eat or drink while tray is in place.
5. Wear tray for two hours. After two hours remove tray, and rinse and brush with cold water. Brush teeth. You may bleach again the same day providing there is a 2-3 hour break in between sessions.
6. Avoid consuming foods that stain such as coffee, tea, or red wine. No smoking cigarettes and pipes while bleaching and for at least 2 weeks following completion of bleaching. Avoid citrus beverages and foods during bleaching process.
7. Store bleaching gel in refrigerator.
8. Store trays in a cool place, out of the sun.

Colour changes will appear quite white and/or chalky in some spots. Allow 24 hours for the colour to stabilize to true results.

If you have any questions, please call Angela at 383-3368.