

## **Guidelines for Whitening (Bleaching) at Home**

- 1) Brush your teeth and rinse before using bleaching trays. You should have one or two molded trays that fit your teeth.
- 2) Dispense a small drop of whitening gel (“agent”) into the bottom front side (lip side) of each well for your teeth (premolar to premolar). Pull back on the plunger when done to prevent the material from continuing to extrude.
- 3) Insert tray(s) into your mouth and leave in place based on the formula you received:

Day White (9.5%HP): **30-60 minutes once a day** for approximately two continuous weeks for initial treatment, 3-4 days for touch ups as needed.

Day White Gentle (6% HP): **30-90 minutes once a day** for approximately two continuous weeks for initial treatment, 3-4 days for touch ups as needed.

Nite White (16% CP,6%HP): **2-4 hours a day OR overnight** for two weeks or 3-4 days for touch ups

- 4) After removing tray, rinse your mouth and tray out to remove all gel. Store the trays in the box provided to you. If you experience sensitivity you may use the Relief Gel provided or regular toothpaste.

Relief ACP gel: place in trays for 30 minutes or rub directly on teeth around gum line using fingertip. Do not rinse for 30 min

- 5) Avoid consumption of foods and drinks that would stain a white shirt during treatment (red wine, colas, coffee, tomato sauce, etc.).
- 6) Contact our office should you have any questions. We hope you are pleased with the results so we offer an evaluation after completion.