

## **Bleaching Tray Recommendations**

- Clean and floss teeth very well prior to use (bleach is not very effective on plaque).
- Place a small drop of bleach in each tooth you wish to bleach.
- Place trays in mouth and wipe off excess bleach from gums
- Leave in place on the teeth for 1-2 hours
- Remove trays from mouth and rinse several times with water, **DO NOT BRUSH TEETH FOR 30 MINUTES**
- Clean up trays and store in the container.
- It takes 2-3 weeks to receive most of the benefit of this treatment.
- Trays over time will discolor, this will not change the effectiveness of the trays.
- Do not bleach longer than 2 hours or repeat more than once a day as this might cause sensitivity or worse, damage the enamel of the teeth.
- If sensitivity starts, you may reduce bleaching time to as little as 30-45 minutes every day or every other day.