



Home Bleaching

Placement Instructions

- Brush and floss teeth
- Bead gel in the front part of the tray (no need to use in molar areas).
- Place trays in mouth
- Wipe excess solution off from around edges of trays with wet toothbrush..
- Wear trays for at least six hours a day.
- Remove trays and clean them with brush and rinse with cool water.

Things to Avoid

- Anything red or that stains (i.e., tomatoes, grape juice, marinara sauce, red wine)
- Mustard
- Caffeine (coffee, tea)
- Citrus fruits

Things to Expect

- There will be a slight tingling around your gums; this is from the peroxide.
- You might have slight hot or cold sensitivity.
- Your teeth will bleach where the enamel is thinnest. Therefore, you may notice a splotchy effect the first week or so. You may notice that your edges will bleach first and leave a spotty effect.

If you have sensitivity, you may use the UltraLEVE (desensitizing gel). Place in the trays as you would the bleaching solution. If you have burning or inflammation other than just slight hot or cold sensitivity, please call our office.