



Marchdentistry

## **Bleaching Instructions**

1. Thoroughly brush and floss your teeth!
2. Remove cap from syringe tip and place less than ½ pea size amount of gel in the deepest portion (the facial side) of the tray.
3. From one line to the next on the syringe of gel is enough for a complete UPPER and LOWER application.
4. Place the trays snugly over your teeth and gently press over the trays to evenly distribute the gel.
5. If any gel should happen to flow beyond the trays edge:
  - a. You have used too much gel
  - b. Gently remove the excess
6. You may wear the trays for 1-2 hours per day. Brush off any gel left on the teeth or trays after the procedure is complete.

## **Please Remember**

1. Teeth are naturally darker at the gum line. These areas may require more time to lighten.
2. You may experience some slight sensitivity during the bleaching process. If this occurs - just skip a day or two!
3. Foods and juices high in citrus acid may cause the teeth to be more sensitive.
4. Coffee, tobacco and other products can re-stain your teeth over time.

5. Some old silver fillings may leave a dark purple color in your bleaching tray – this is normal!

**\*If you have any questions – Please call\***