

## FIRST IMPRESSIONS

### TAKE HOME BLEACHING TRAYS INSTRUCTIONS

- Brush and floss your teeth before applying bleaching gel.
- Make sure trays are clean and dry before dispensing gel into tray.
- Express a small dot of gel in each tooth on the tray you wish to bleach (it is not necessary to use gel on the back teeth since they are not seen when you smile).
- Position tray over teeth and gently place tray to move the gel over the teeth. Wipe excess gel that seeps out of the tray after the tray is placed off your gums with a tissue or cloth.
- We recommend that you bleach your teeth 2 times a day for 45-60 mins. at a time. The bleach loses its potency after about an hour on your teeth, so trays must be cleaned in between each session and refilled with fresh bleaching gel.
- It will take approximately 3-6 weeks to reach your desired goal depending on the darkness of your teeth. Very dark teeth may take a longer period of time to lighten.
- After bleaching, remove your trays and rinse your teeth. Brush away any remaining gel.
- Rinse your trays with cold water. You can brush your trays with a toothbrush to clean them.

### SENSITIVITY

Bleaching your teeth likely cause some degree of sensitivity. When you are finished bleaching the sensitivity should go away. We recommend using a sensitivity toothpaste to lessen the amount of sensitivity. We will give you a tube of Clinpro ( the prescription strength toothpaste we carry in the office). Use this as your regular toothpaste while you are bleaching. For extreme sensitivity this can also be placed in your bleaching trays and worn for 15mins. daily as a topical treatment for sensitivity.