



EXPERTISE  
D E N T A L

## At-Home Whitening Instructions

1. Brush and floss teeth (bleaching most effective on clean teeth)
2. Make sure trays are clean and dry prior to applying
3. Remove syringe from case and snap tip cover from the end.
4. Load the tray, depress the plunger and fill each tooth in the tray with a pearl of gel. NOTE: Each tray will typically use  $\frac{1}{2}$  to  $\frac{1}{3}$  of a syringe.
5. Position the tray over your teeth and gently press the tray to move the gel into place. Wipe excess gel, which seeps over the brim of the tray, off of your gums with a tissue or dampened toothbrush.
6. Wear tray percentage based on what was prescribed to you:
  - 2 Options:
    - a. 16% : Daytime use: wear 4-6 hours, once per day.  
Nighttime use: Wear up to 8 hours during sleep.  
NOTE: If sensitivity occurs, switch to daytime use instructions.
    - b. 35% : Daytime Use: Wear 15 minutes, twice a day  
OR wear 30 minutes once a day.
7. After whitening, remove the tray and rinse your teeth. Brush away any remaining gel.
8. Clean your bleaching trays with a toothbrush and cold water. Store trays in the tray holder and gel in a cool dry place away from heat and direct sunlight.
9. Avoid coffee, tea, red wine, soy sauce, raspberries, strawberries, or cranberries and the like (dark foods and beverages) for several hours after bleaching.