

# WHITENING TRAY INSTRUCTIONS

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## STEP 1

Brush and floss your teeth before inserting the tray after removing the cap.

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## STEP 2

Place a small dot of gel into each tooth indentation in the tray, careful not to use too much material as overloading trays with gel may cause temporary gum irritation.

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## STEP 3

Insert trays, remove excess gel with a cotton swab or a dry toothbrush. Use extra care to avoid getting gel on your gums.

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## STEP 4

Time frames vary and depend on the bleaching material percentage. If your whitening tube says 16%, wear trays for 4-6 hours. If your whitening tube says 35%, wear trays 30-60 minutes.

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## STEP 5

After whitening, rinse trays with antibacterial soap and cold tap water. Do not use a toothbrush and toothpaste. Place trays in the provided storage case and store in a cool dry location.

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## STEP 6

Rinse teeth with cool tap water and brush to remove excess gel.

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## STEP 7

Repeat once per 24 hour day until you have reached your desired shade.

Once desired shade has been acquired, whitening can take place periodically to maintain desired shade. If significant sensitivity occurs, stop treatment and consult your dentist.

