

Bleach Tray Instructions and Tips :



- Only use a very small amount of bleach on each tooth inside the tray (don't over fill it !).
- For the first day wear your trays for one hour.
- On the second day wear your trays for two hours.
- On the third day if there is no major sensitivity you can wear the trays to sleep. You may continue to do this each night until you achieve your bleaching goals.
- Make sure to rinse your mouth and the trays after each bleaching session.
- When brushing your teeth Sensodyne is highly recommended while bleaching until sensitivity goes away.
- When/ if you need more bleach please feel free to contact the office.