

Instructions for Bleaching Trays

Pol-A-Day **9.5%** at least one hour
 7.5% at least one hour

Opalescence: **15%** at least 3 hrs
 20% at least 3 hrs
 35% 30-60 minutes

(We do not recommend the 35% if you have never used whitening systems before or if you feel your teeth are sensitive)

Instructions for use of trays

- Brush and floss **BEFORE** using your bleaching trays.
- Place small amount of gel on facial area of your trays
- Place trays in mouth and gently press to seat
- Wipe any excess gel off with a cotton swap or tissue
- After bleaching, brush your teeth and your trays to remove all excess gel.
- For best results do not eat or drink anything with dark colors for at least 24 hrs after bleaching
- Keep trays in the container that was given to you.
- If you have any sensitivity, try bleaching every other day. If sensitivity persists or even gets worse, contact our office. We have a desensitizing paste that can be put in your trays after bleaching that will reduce sensitivity if it becomes an ongoing problem.

If you have any questions or concerns please feel free to give our office a call at (912)352 -3955

