



Lakeview
Comprehensive Dentistry

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BLEACHING INSTRUCTIONS

- Utilizing the trays our office fabricated for you, extrude a small drop of the bleaching gel into each tooth indentation. You need just 1/4cc of material to properly load the tray. If the material is too difficult to get out of the applicator following twisting the top to align with the black ring, you may trim with scissors.
- Refrigerate material when not in use.
- Place the tray in your mouth. If using the proper amount of material no significant excess would be apparent. If any excess is noted, immediately wipe off tissue as this will cause trauma to your tissue.
- Wear your trays each day for 30 minutes, two times daily, or as we have recommended.
- Rinse or brush out your trays to remove any excess material after each treatment with cool water only to prevent distortion.
- Repeat this procedure for 7 to 10 days. Monitor your results until you have achieved the whiteness you desire.
- If sensitivity should occur, wait 24 hours before resuming treatments. Call our office if sensitivity persists.
- Never eat or drink with your trays in place.
- An appointment has been scheduled for you in 2 weeks to check your progress.