

BLEACHING

INSTRUCTIONS

- *Wear your plastic trays once a day for 45 minutes;*
- *Floss and brush teeth before treatment;*
- *Put a little quantity of bleaching agent in the plastic trays;*
- *Swallow your saliva and dry a little bit your teeth;*
- *Insert the plastic trays in place with both hands;*
- *With the help of a soft toothbrush, a paper handkerchief or your finger, remove excess bleaching agent;*
- *It is normal to salivate more;*
- *After 45 minutes, remove the plastic trays, rinse your mouth;*
- *Clean your plastic trays with a toothbrush and cold water;*
- *Put away your plastic trays in the box.*

FOR BEST RESULTS

- *Avoid tea, coffee, cigarettes, red wine, cola, citrus fruits and acid juices;*
- *Do not eat, drink or smoke while your are wearing the plastic trays;*
- *Have a good oral hygiene during the treatment;*
- *Do not overfill the plastic trays as this can irritate the gums;*

GENERALLY

- *The part along the gumline is naturally darker and may take longer to bleach;*
- *Some patients may feel dental sensitivity and/or gum irritation, during the treatment, if so, consult your dentist;*
- *Keep the bleaching agent in a cool dry place.*

PRECAUTIONS

- *The bleaching agent may irritate the eyes or skin. Rinse with water in case of contact;*
- *Do not use any bleaching agent during pregnancy or breastfeeding;*
- *Excessive ingestion of bleaching agent can cause sore throat.*

***IF MORE INFORMATION IS NEEDED, PLEASE CONTACT US
AT 450-677-9141***