AT HOME BLEACHING INSTRUCTIONS

- Always brush and floss before your bleaching treatments. The bleaching materials cannot permeate plaque or food particles on your teeth.
- When you are filling the tray, place the tip of the syringe in the tray and squeeze the material slowly to only allow a small drop of material in the area of each tooth.
- Place the trays on your teeth, and then using your index finger, swipe any excess material off of the top of the tray at the gum level. If you notice a lot of excess material on your finger, you have loaded the tray too full. Cut back on the amount of material you are putting in the tray.
- Bleach for 30 minutes up to 2x per day. (Bleach time may vary. The dentist will discuss with you if different.)
- Remove the trays. Brush your teeth and your trays to remove the excess bleach.
- Follow the fluoride instructions below if you experience sensitivity, or wish to decrease your chance of sensitivity.
- Use the fluoride protocol after every bleaching treatment if desired
- Call us if you have any questions. 217-698-9300

FLUORIDE INSTRUCTIONS (and MI PASTE)

- Place fluoride paste or MI paste in your bleaching trays after they have been cleaned.
- Insert loaded trays into your mouth.
- You can spit out any excess in the sink. Do not swallow the excess paste.
- Leave trays in place for 5 minutes.
- After 5 minutes, take trays out, DO NOT RINSE YOUR MOUTH, EAT or DRINK for 30 minutes.
- Clean your trays when done.
- Store in container provided.