

Bleach Tray Take-Home Instructions:

1. Make sure your teeth and bleach trays are clean and dry before use.
2. Please fill a thin “spaghetti like” strand of gel from canine to canine at the bottom of each tooth for each tray arch.
3. Gently slide your trays into place in your mouth, one arch at a time, as the gel disburses evenly onto each tooth. (If gel is seeping onto your gums, you have too much gel in the tray and you should start over).
4. You can wear them for 2-4 hours or overnight for 3 days in a row, then take 3 nights off, then repeat this until you have reached your desired shade.
5. Once you have reached your desired shade, For touch-up’s you only need to wear them once a month or every few months depending on your daily coffee, wine, tea etc. consumption.

If you have any questions or need refills on your gel, please call or stop by the office

