

**Doderai Dental Group**

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**Instructions for Bleaching Trays**

Keep kit in a dark, dry place like a cupboard (not refrigerator).

Before inserting trays, brush and floss your teeth.

Remove (twist off) plastic cap from syringe, twist on dispensing tip.

Place a small dot of bleaching gel inside each tooth “compartment” (on the surface that will sit against the front side of the teeth).

Do not overfill trays with extra bleach! Only a small amount of gel is required.

Insert trays slowly. Wipe away any excess gel from the gum tissue.

After removing trays, brush and floss teeth to remove any residual gel.

Rinse and brush the trays and place them inside the included plastic case.

If you are using Lumibrite 32% formulation: the recommended procedure is 10-15 minutes twice a day for 14 days.

If you are using Night White (Carbamide Peroxide 16 or 22%, for more sensitive teeth): wear trays overnight.

Store in a safe place away from pets (They will chew on the trays!)

Temporary sensitivity/increase of current sensitivity is common during whitening.

To reduce sensitivity, brush twice daily with sensitive toothpaste 2 weeks prior and during whitening.

If necessary you may whiten every other day and place sensitive toothpaste inside the trays on the alternate days.

The results of whitening vary by patient.

Final results are usually achieved after 1-2 weeks of daily use. (Alternating days of active treatment will prolong but not affect the final result).

Results typically last 6-12 months, depending on the use and frequency of staining food, drinks and smoking, and proper oral hygiene.

Your trays and bleaching gel may be used for touch-ups as needed.

Please see package insert for additional information.

Please feel free to contact our office with any further questions. 780-992-0770