

## **Whitening Tray Instructions**

- 1) Fill bottom of trays with one teardrop size amount of whitening solution in each tooth. Fill only the teeth that you see when you smile. This will help conserve solution and last longer.**
- 2) Insert trays into mouth. Both top and bottom trays can be worn at the same time if so choose.**
- 3) Keep trays in for 2 hours for 7-10 consecutive days. They can be worn while you sleep. However, sensitivity may occur.**
- 4) Trays can be cleaned with water and a gentle scrub with your toothbrush.**
- 5) Do not brush your teeth after whitening. You may blot teeth with towel to remove excess solution.**

## **Helpful Tips**

- 1) If you can taste a lot of solution in your mouth while whitening, or if the solution oozes out of the top of the trays, too much solution was inserted in the trays.**
- 2) If sensitivity occurs, cut back the time that you leave the trays in, but try to continue whitening for consecutive days. If the sensitivity continues or worsens try to whiten every other day until the teeth can become accustomed to the solution.**
- 3) To maintain the color of your teeth, whiten once every 2-3 months for 2 hours. If you are a heavy pop, coffee or tea drinker you may need to whiten once every month. Maintenance time will vary.**
- 4) Your teeth will reach maximum whiteness after 7-10 days, if used as directed.**