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## Take Home Bleaching Instructions

To open bleach, rotate end stopper of tube 1/4 turn counter clockwise and pull off. Trays should be loaded with 1 small bullet of gel in each tooth compartment in your smile line. Each syringe has 6 treatment doses (or 3 total bleaching sessions) Be sure to remove excess gel off your gums. Bleach wear time for Opalescence 35% gel is 30-45 minutes once a day. After bleaching each time, rinse tray with lukewarm water and brush out trays to remove gel.

If you experience sensitivity, decrease wear time. The next 48 hours are important in enhancing and maximizing your whitening results for a long lasting, bright, and healthy smile. Dark staining substances should be avoided such as: coffee, tea, tobacco, ketchup, cola, red wine, soy sauce, berries and red sauces. This is also true during each time you use bleaching trays.

All bleaching requires maintenance. If you consume dark beverages, you may need to touch up regularly. For best results bleach every 4-6 months and touch up on evenings after your dental cleaning. Using an electric toothbrush such as a Sonicare will help remove stain and maintain a healthy smile. Store bleach in refrigerator to increase the shelf life of your bleach.

If you have any questions please do not hesitate to give our office a call.

