

Bleach Tray Instructions

Application Instructions

- Floss and brush your teeth.
- In a counterclockwise motion, twist off the clear plastic cap from the syringe.
- Twist the mixing tip clockwise to lock on the end of the syringe.
- Place a small amount of gel in each tooth compartment in the tray. Adjust quantity depending on the size of your teeth. **IMPORTANT:** Overloading trays with gel may cause temporary gum irritation!
- Place tray with gel in your mouth. As you insert tray, be careful not to push gel out of the tray. Bubbling within trays is normal.
- Use extra care to avoid getting gel on your gums. Remove excess gel with a cotton swab or dry toothbrush.
- Once you finish placing gel in trays, remove mixing tip from syringe and replace with clear plastic cap. This ensures ingredients in each barrel stay separate for maximum effectiveness.
- After whitening, rinse trays with cold water. Use a toothbrush to remove any residual gel. Place trays in storage case and store in a cool, dry place.
- Rinse and brush teeth to remove excess gel.

Notes

- Do not eat, drink, or smoke while wearing your custom trays.
- It is normal to see dark colors in trays where you have amalgam (silver) fillings.
- The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

Treatment Time

Concentration/Formula

NiteWhite ACP

10%, 16%, 22% (CP*)

Turbo 6% (HP**)

DayWhite ACP

7.5% & 9.5% (HP**)

38% (CP*)

Recommended Wear Time

Overnight or 4-6 hours

Optimal results within 1-2 weeks

Day-Wear

30 minutes, twice a day

15 minutes, twice a day

Optimal results within 2 weeks

*CP: carbamide peroxide, **HP: hydrogen peroxide

Post Treatment

- Avoid staining foods, drinks, and tobacco for 30 minutes after each treatment.
- Continue good oral hygiene; use of an electric toothbrush will help keep results longer.
- Store any remaining whitening gel in a cool, dry place for later use. Do not freeze.
- At your regular 6 month check-up, ask your dentist to evaluate your shade.

Potential Adverse Effects

Adverse effects that may be associated with the use of whitening product containing peroxide include:

Sensitivity

- Some patients may experience increased tooth sensitivity to cold during the treatment, while others may have non-specific sensitivity in their teeth, gums, tongue, lips, or throat. Symptoms should subside within 1-3 days.
- If the sensitivity is in the teeth, try whitening every other or every third night/day or ask your dentist for a lower concentration gel.
- Ask your dentist for a 5% potassium nitrate toothpaste or Relief Gel (to be worn in your custom trays for 10-30 minutes before and after each treatment) for sensitivity relief.
- Aspirin or Ibuprofen may be taken for pain.

Gingival Irritation

- Trays that extend onto the gingival (gums) may cause soft tissue irritation. If the trays extend over your gums, have your dentist trim them.
- Reduce the amount of gel in your trays. Teeth whiten when HP is absorbed into the tooth and whitens from the inside, so it is not important to cover the entire tooth.

If all of the above options have been exhausted and you still have gum irritation or tooth sensitivity, treatment should be ceased until irritation subsides. Resume treatment with shorter, less frequent applications until desired whitening effect has been achieved. If discomfort continues, discontinue the treatment and consult your dental professional.

Storage Instructions

Store between 59°F and 77°F (15°C and 25°C) in a dark, dry place. Storage temperature above 77°F (25°C) will result in reduced shelf life.