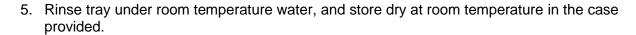
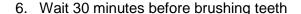
I. INSTRUCTIONS:

- Wear the tray at night. If worn during the day, wear for 2-4 hours minimum.
- 2. Apply a small amount to inner wall of the single tooth mold in tray, which is between the two cut-out teeth.
- 3. Seat tray and wipe off excess from gums and from the adjacent teeth. Swallowing a small amount of material will not harm you.
- 4. When awake, remove tray and rinse mouth.

 To remove, peel tray from back of mouth on one side.





II. RECORDS (may not always use):

- 1. Keep up with number of hours worn in LOG FORM (in ½ hr increments), as well as numbering the syringes, and comments as to color change and side effects.
- 2. Note in LOG FORM if skip a day, or forget to treat, and why.
- 3. Try to get as many nights from each bleaching syringe as possible. Count syringes on the log form to determine weekly needs for extended treatment.

III. SENSITIVITY: If have sensitivity, do one or more of the following:

- 1. Skip a night or two, and start again.
- 2. Brush with a desensitizing toothpaste containing 5% potassium nitrate and fluoride, like Sensodyne ProNamel, Colgate, Crest, etc..
- 3. Put a desensitizing material in the tray for 10-30 minutes in place of the bleaching material when needed. Use either the previous toothpaste used if no gingival irritation, or material such as Ultra EZ from dentist.

IV. NEXT APPOINTMENT: Call for 1 hr. appointment when

- 1. Tooth color is as light as you want (matches or lighter than adjacent teeth). Expect a slight relapse in color immediately after bleaching as oxygen escapes from tooth.
- 2. Need more bleaching material and not completed bleaching. Refill kits are available for extended bleaching times with stubborn stains. Generally takes 8 weeks treatment.
- 3. Questions or concerns (tray issues, teeth, gums, etc.).

