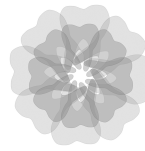


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Preserve Your Teeth
D E N T I S T R Y

TEETH WHITENING – CUSTOM TRAYS

Dear patient,

We made you custom-fitted soft plastic trays for additional bleaching of your teeth. These trays will fit over your teeth and hold the bleaching gel in place.

Instructions:

1. Clean and floss you teeth before procedure.
2. Dry your teeth with cloth towel or paper towel.
3. Dispense bleaching gel from the provided syringe into the trays (canine to canine area onto the bottom of the trays) and insert them into your mouth. You should dispense only “spaghetti” amount into the tray (canine to canine area) and insert into your mouth.
4. You can use both trays (upper and lower) at the same time. Please wipe any access of the gel from your gums (you can use cotton wipes).
5. Please wear Opalescence PF 10% trays for *8-10 hours*, Opalescence PF 15% trays for *4-6 hours*, Opalescence PF 20% trays for *2-4 hours* and Opalescence PF 35% trays for *30 minutes*. You may use them as often as you want (every day or every other day or once a week). It depends on the result you want to achieve. During the time you have trays in your mouth you will experience increase of salivation that you should spit out. After completion of the treatment please remove trays and rinse your mouth thoroughly with warm water. Do not brush your teeth, just rinse thoroughly 10 times. You can brush your teeth with fluoridated toothpaste only after 2 hours after the whitening procedure.
6. Clean the trays with soap and water with a good rinse.
7. If you experience sensitivity use Fluoridex, or other tooth paste/gel of a higher fluoride content. There is also *non*-fluoride option such as GC MI paste with no Fluoride. If gel “travelled” into the gum line you may experience “sore gum” discomfort. Rinse with warm salt water that will speed up healing of your gums.

We are looking forward to seeing the results.