

- 1- Brush your teeth.
- 2- Place half a pea size drop of gel in each tooth of the trays.
- 3- Insert the trays in the mouth.
- 4- Wet your finger and wipe the excess gel that overflowed on the gums.
- 5- Wear the trays for 1 hour everyday for 2 weeks. If your teeth are not sensitive, you can wear the trays another hour later in the day.
- 6- The trays should be worn around the same time every day (always in the morning or always in the evening).
- 7- After an hour, remove the trays and rinse them in cold water.
- 8- You can rinse your mouth or brush if you wish.
- 9- Place trays in protective case.

After 2 weeks, reevaluate to decide if you are satisfied with the bleaching. If not, do it again for an additional week. **DO NOT EXTEND PAST THREE WEEKS.**

Your teeth might become sensitive to cold and hot during these couple of weeks. Please brush your teeth with sensitive toothpaste (like Sensodyne or Crest Sensitivity, etc.)

Avoid dark foods and drinks during the few weeks of the bleaching period. Foods such as red wine, dark cola, coffee, tea, ketchup, mustard, red sauces, soy sauce, steak sauce and red meat can interfere with the process and make it harder to whiten the teeth.

If you have any questions, please do not hesitate to contact the office.

– *Dr. Chahine, DMD, FAGD, Dr. Papp, DDS & Associates*