



## CUSTOM TRAYS WHITENING INSTRUCTIONS

1. Brush and floss your teeth.
2. Load custom tray **tooth by tooth** (smile line only) by placing one small dot (use tip size as guide) on the inside middle front of the tray.

*Any excess gel that overflows from the tray onto the gums should be removed with a q-tip, tissue, or clean finger. This is important because prolonged exposure to the gums can cause significant irritation.*

3. Remove the tray after a maximum of 30 minutes.
4. After removing the trays, brush your teeth normally. Then rinse the trays with dish soap and cool water (note that hot water can warp or distort certain types of bleaching trays) and store them in a cool place out of the sun with your remaining syringes (refrigerator).
5. Avoid high-staining foods such as coffee, tea, red wine, dark sodas, tobacco, red sauces, and soy sauces 24-48 hours after your treatments.

*These steps can be repeated every day for the duration of the treatment but for **sensitive teeth** we recommend at least every-other day to give your teeth and gums time to recover. There is really no rush and spacing out the treatment will provide greater comfort without any negative effects.*

*After you have completed the treatment, you will probably want to do a touch-up treatment every so often to maintain your pearly whites. Everyone's teeth are different due to many factors so it is up to you. For example, once every six months you might want to resume the treatment for several days. However, do the touch up treatments as you see fit and best of luck with your teeth whitening!*

