

# Bleaching Instructions

**Professional Bleaching Gels: Storage in fridge extends product shelf life by up to 2 1/2 years.**

Optimally it is best to apply gel directly to dry teeth

- Use a cloth or air dry teeth. This will minimize gel contact with gums while minimizing gel waste.
- Apply gel to teeth with finger, brush pen or lightly with a toothbrush. Insert trays and do your best to avoid smearing gel.

If gel gets on gums, simply wipe excess gel away with a wet cloth or finger. If preferred, you can place one drop per tooth and towards the bottom of the tooth mold. **DO NOT OVERLOAD** the tray and be sure to wipe excess gel from gums promptly.

Gel can also be used on a bleaching strip. Simply rinse strip and apply a few drops of this gel.

- Wear up to 30 minutes. Repeat process until desired results are obtained. Remove tray and rinse well after each use.

**NOTE:** This is a strong gel and you will need to avoid getting it on your gums. Wipe away excess gel on gums before continuing with timed treatments.

**DO NOT USE IF:** You are pregnant, nursing, have poor dental health such as decayed teeth, exposed roots, gum disease, wear braces, had recent oral surgery or jaw problems. At home treatments involve risks and you should consult your dentist if you have questions. Some users will experience sensitivity. This can be minimized by decreasing the time of each treatment, performing fewer treatments per week or after using an aftercare remineralizing gel.

## **Remineralizing- Rebalancing enamel booster aftercare gel (Blue Gel)**

After whitening, place a small bead of this gel along the inside of your trays. Place trays in mouth for just 5 minutes. Remove trays but **DO NOT** rinse mouth. Spit out excess and do not drink or eat for 1-3 hours. It is best to use the aftercare gel at bedtime so that the gel can go undisturbed for 6-8 hours. For spot pain or sensitivity, press a small amount into the affected areas.