



Bleach for Life Instructions

- Brush and floss your teeth prior to the use of whitening trays.
- Place a teardrop size amount of whitening gel in the inside front part of your trays.
- Dry teeth with a paper towel and insert trays over teeth, wiping off any excess amount that may have extruded onto your gum tissue. If your gums turn white or red after you have taken your bleach trays out that means you used too much whitening gel and to use a smaller amount next time you whiten. You can use Vitamin E oil to help heal your gums.
- Do not eat or drink while wearing trays, avoid swallowing whitening gel.
- Keep trays in for 30-60 minutes. Some patients' teeth can tolerate wearing trays overnight.
- Remove trays and brush off residual gel that was left on your teeth and rinse with water.
- To clean your bleach trays use your toothbrush and cool water. **DO NOT USE HOT WATER.**
- Place trays in case provided and keep the lid open to let them air dry. Please keep trays away from pets.
- Use trays daily until you receive your desired result and if sensitivity occurs you may skip a day or two while whitening
- We recommended using Sensodyne toothpaste and ACT fluoride rinse white whitening to help with sensitivity
- We recommend touch-ups at your discretion. Most people touch up monthly and bi-monthly for 2-3 days.
- Avoid smoking, coffee, red wines, berries and other staining food or drinks while whitening. Failing to do so could result in unfavorable results. If you drink staining liquids such as coffee or wine, drink it through a straw to help prevent liquid from touching teeth.
- **Please note fillings, crowns, bridges, veneers and root exposure DO NOT whiten.**



If you have any questions or concerns please call our office at (360) 667-5676