

DENTAL DEPOT
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AT HOME TOOTH WHITENING – PATIENT INSTRUCTIONS

- STEP 1. Brush and floss teeth thoroughly to remove all plaque and food particles.
- STEP 2. Place one thin line of whitening gel in the bleaching tray toward the front of each tooth impression. Only place gel on the teeth you wish to lighten. Do not overfill. You only need enough gel to cover the front surfaces of the teeth.
- STEP 3. Using a facial tissue or washcloth, dry off the surfaces of the teeth you wish to lighten.
- STEP 4. Insert the mouth tray as instructed. Wipe off any excess gel, being sure to remove all gel from your gums.
- STEP 5. Wear the bleaching tray with the gel for 3-4 hours or overnight.
- STEP 6. Remove the bleaching tray. Brush your teeth to remove any remaining whitening gel. Clean and dry your bleaching tray.