

# Joseph Gruber DDS and Associates LTD

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The fee for the bleaching tray includes 8 tubes of prescription strength bleach. Patients that come to their 6 month cleaning appointments on time will be given a free tube of bleach to maintain their white smile.

## **Instructions for Whitening**

- Floss and brush your teeth before inserting your tray.
- Apply a drop of the gel to each tooth area in the tray- not the tooth itself.
- After inserting the trays into your mouth, you can press the tray up against your teeth.
- Make sure you have a Q-Tip handy to wipe off any excess gel that may touch your gums.
- Keep your trays in for 30 minutes.
- When 30 minutes have lapsed, remove tray.
- **RINSE YOUR MOUTH-DO NOT SWALLOW RINSED GEL.**
- Clean tray with a soft brush and cool tap water. Store trays in case provided.

**CAUTION:** It is possible to over bleach your teeth which can ruin your tooth enamel. Please be aware of this.

- Do not use household bleach or peroxide to bleach teeth.
- Pregnant women should not bleach.
- Do not use tobacco products, eat or drink while bleaching.
- While spots on the enamel or that have appeared during bleaching may blend during continued bleaching process.
- Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
- If sensitivity occurs, remove the trays and discontinue use for a day. You can then resume the process. If sensitivity persists, please contact your dentist.
- Coffee, tobacco, red wine, and berries can re-stain your teeth over time. Should this occur, the teeth can be re-whitened within a few days.
- Crowns, bridges, partial dentures, veneers and composite (white) fillings will not bleach.
- Store bleach out of the sun and heat. Refrigeration recommended for longer shelf life. Do not freeze.