



## Take Home Bleaching Instructions

1. Each syringe of bleach provides enough gel for 2 to 3 full treatments
2. Brush teeth before bleaching.
3. Put a dot of bleach in each tooth of the Bleaching trays.
4. Place trays in mouth for 30- 60 minutes depending on tooth and gum sensitivity.
5. Take trays out and brush your teeth.
6. Make sure to clean your trays out with water.
7. Keep bleach in the refrigerator for longer shelf life.
8. You can purchase additional bleach if needed at 4 syringes for \$25.



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