

SmileOra Dental Care
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BLEACHING TRAY INSTRUCTIONS

Step by Step Patient's Instructions

DAY TIME SCHEDULE

1. Brush and floss teeth before whitening.
2. Place a thin line of Tooth Whitening on the facial side in the whitening tray. **DO NOT** over fill the tray.
3. Insert the whitening tray in the mouth over the teeth. Wipe the excess material from the gum or tissue with your finger or toothbrush.
4. 32% FORMULATION: The recommended bleaching procedure is 10-15 minutes a day twice a day for 14 days.
5. Clean trays thoroughly after each use and then brush your teeth again.
6. Rinse with warm water.
7. Schedule recall appointments with your dental office as instructed.
8. Dry thoroughly and store in the tray holder with water in it.
9. Save the trays and contact Smileora Dental Care for bleaching gel refills as needed.

PLEASE

- Do not use bleaching gel if you are pregnant or lactating.
- Do not eat, drink or smoke while you are wearing your trays.
- Do not freeze or expose your bleaching gel syringes to heat or sunlight.
- Keep bleaching gel refrigerated.
- Avoid red wine, coffee, dark colas and tobacco because they may re-stain your teeth.
- To avoid or reduce gum irritation, limit gel contact to the tooth surfaces.

Note: If you have a question or if more than mild tooth sensitivity develops, discontinue the treatment and Consult your dentist.