



INSTRUCTIONS FOR BLEACH TRAYS

- For best results use trays 15-30 minutes every day for 2 weeks max
- If teeth become sensitive take a day or two off from whitening
- When time is up, take out trays and gently brush teeth with Sensodyne toothpaste
- Clean trays with soap and water and can soak trays in denture cleaning tabs for 5-10 minutes
- Substances to be aware of that stain teeth: coffee, tea, red wine, soy sauce, marinara sauce
- When loading trays use a minimal amount of bleach, a small dot in tray on the front of each tooth (as shown at your appointment)
- Temporary sensitivity is expected

Please do not hesitate to call our office if you have any questions regarding your bleaching trays 269-429-2511.

2800 Niles Road, Saint Joseph, MI 49085

Tel: 269-429-2511 | Fax: 269-429-5130 | info@smilesonniles.com | www.smilesonniles.com