

Instructions for whitening-

After taking impressions of your teeth, we are able to create customized trays for you.

- Brush and floss your teeth
- Take out your custom trays and load them with the whitening gel as shown.
- You should focus on expressing a continuous bead of gel in the front of the trays. (facing out) You should use no more than 1/2 a syringe per tray.
- Place the trays in and apply light pressure to the bottom until it feels comfortable.
- Take a soft bristled tooth brush or a qtip and remove any excess gel that may be present on the gums.
- The Opalescence 15% can be worn for 4-6 hours and can be adjusted according to any sensitivity that you may experience.
- That's it!
- When finished, remove your bleaching trays and remove any excess gel from your mouth using a tooth brush, being sure not to swallow it. Rinsing your mouth may be helpful. Also clean out your trays using your toothbrush, making sure that no excess gel remains. Rinse them with cool water. The trays are now ready to be stored and can be placed in their case until your next use.

It is best if your bleaching gel is stored in the refrigerator. This helps to maintain the self life. We recommend taking a syringe out approximately 30 minutes prior to whitening, so that it is at room temperature.

If sensitivity occurs, bleach less frequently and decrease the amount of time that you are bleaching. The toothpaste that was provided with your custom bleaching trays is effective in helping to reduce sensitivity. Please continue to use the toothpaste while you are whitening to reduce the chances of sensitivity.

As always, if you have any questions, feel free to call us here at the office at (517) 351- 1733

Mashni Dentistry Team