



**WIMBERLEY**  
DENTAL & WELLNESS

181 FM 3237 \* Wimberley, TX. \* PH: 512-847-8934  
Jennifer M. Roe, D.D.S., MAGD

**BLEACHING INSTRUCTIONS**  
**FOR USE WITH PROFESSIONAL BLEACHING GEL WITH WHITENING TRAYS**

**PRECAUTIONS**

- The teeth whitening gel will only whiten natural teeth. It will NOT bleach (whiten), nor harm bonding, caps, crowns, bridges, fillings or any other artificial dental work. You may have to have the dentistry redone in order to match your new white teeth.
- Tetracycline stained teeth or grayish teeth are more difficult to bleach and have a varied prognosis.
- Exposed root portion of teeth which occurs with gum recession will not bleach.
- 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.
- White spots on the enamel or that appear during bleaching may blend during continued bleaching process.
- Some patients may experience increased tooth and/or gum sensitivity. This is common while using products containing peroxide based gels. If you experience sensitivity, it will usually occur early in your bleaching treatment and is reversible. Symptoms should subside within 1-3 days after treatment is discontinued.
- If sensitivity occurs reduce your usage time and/or frequency. You may also use toothpaste for sensitive teeth. If increasing the days between bleaching and decreasing your time does not decrease symptoms, call our office.
- Do not swallow gel or rinsed gel. Product contains peroxide and may contain fluoride; swallowing a large amount may be harmful.
- Foods and juices high in citric acid can cause sensitivity to the teeth.
- Keep bleaching gel out of reach of children.
- DO NOT USE if pregnant or nursing.
- DO NOT smoke, drink or eat while bleaching your teeth.
- Avoid staining foods, drinks and tobacco for two hours after each treatment.
- Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.

**APPLICATION INSTRUCTIONS**

1. Floss and brush your teeth. The whitening gel is most effective with clean teeth.
2. Twist off the clear plastic cap from the syringe and replace with the mixing nozzle.
3. Place a small “teardrop” amount of gel half way up on the inner front surface of tray.

4. MAKE SURE NOT TO FILL THE TRAYS AND DO NOT SPREAD THE BLEACH AROUND.
5. Place the tray with the gel in the mouth.
6. Keep gel away from the gums. Wipe excess gel, which seeps over the brim of the tray onto your gums, with your finger or dry toothbrush.
7. Be sure that the tray is completely seated. You may see “bubbling” within your trays while wearing them. This bubbling is actually part of the whitening process.

**WEAR TIMES ARE NOTED BELOW**

|               |                   |   |
|---------------|-------------------|---|
| <b>10% CP</b> | <b>Nite White</b> | <b>wear 2-4 hours once daily or overnight</b> |
| <b>14% HP</b> | <b>Day White</b>  | <b>wear 30 min. once daily</b>                |

8. After whitening, remove and rinse the trays with cold water. (Hot water may damage your trays)
9. If necessary, use a tooth brush to remove any residual gel.
10. Place the trays in the storage case, and store them in a cool, dry place.
11. Rinse and brush excess gel from teeth.
12. Store any remaining whitening gel in a cool dry place for later use.