

Stanley D. Dameron, DDS & Associates, PC  
910 Littlepage Street  
Fredericksburg, Virginia 22401  
[www.FredericksburgDentalCenter.com](http://www.FredericksburgDentalCenter.com)  
(540) 373-5642

### Bleaching Instructions

#### Treatment Options:

1. Overnight wear - all night long while you sleep. Minimum wear time is 3 hours, although longer is more beneficial.
2. Daytime wear - 2-4 hours per application, once or twice a day. This option is recommended for problem sleepers.
3. For patients with tooth sensitivity, limit wear-time to only 1-2 hours per day or use every 2<sup>nd</sup> or 3<sup>rd</sup> night.

#### Procedure:

1. Floss and brush your teeth. Next, remove the clear plastic cap from the syringe and replace with the mixing nozzle. The mixing nozzle may be left on after 1<sup>st</sup> application.
2. Place a small amount of gel or paste in each tooth compartment in the tray. Each syringe has 10 calibrated treatment doses. Use approximately one dose per day/night.
3. Place the tray with the gel in the mouth.
4. Remove excess gel with finger or dry Q-tip. When inserting the tray, be careful not to push all of the gel out, but be sure that the tray is completely seated.
5. Do not eat, drink or smoke while wearing custom trays.
6. After whitening, remove and rinse the trays with cool water. If necessary, use a toothbrush to remove any residual gel. Place the trays on the model or in the storage case, and store them in a cool, dry, dark place. Do not refrigerate. Rinse and brush excess gel from teeth.

The area of the teeth closest to the gum may take longer to whiten and may also remain darker than the biting edge. At first your teeth may be whiter than they will remain. The final color will be achieved in about 2 weeks after completing the whitening process.

Call us if you have any questions or concerns!