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Tray Whitening Instructions: 22% or 32% Bleaching Gel

- Cleanse your mouth thoroughly: brush, floss, rinse.
- Apply a small pea-sized dot of bleaching gel inside each tooth area of your tray. You will not need to bleach the last two teeth because they will not be seen.
- Insert each tray slowly to allow the gel to flow evenly into trays. Do not bite down on bleach trays. This can squeeze the bleaching gel out of the trays and waste it.
- Check for excess gel. Wipe excess gel off your gums with a tissue. If you are applying an adequate amount of gel inside your trays you should not have any excess gel. If you find excess gel, decrease the amount used.
- Wear the gel-filled mouth guard for up to 30 minutes twice a day, for 5-7 days to start.
- When you are done bleaching, remove trays. Brush and rinse your teeth. Clean your trays with cold water only. Allow your trays to dry.
- Store your bleaching trays in their case only. Do not wrap them in a napkin, you or someone else might inadvertently throw them away.
- Wait 30 to 45 minutes to eat or drink.
- Remember that bleaching gel will only work on natural teeth it will not whiten crowns, bonding, or white fillings.
- If you have any questions or concerns about tray whitening, discontinue use and call our office at (650) 326-7257.