



### **INSTRUCTIONS FOR OVERNIGHT (16%) BLEACH**

- Keep bleach refrigerated at all times
- Brush **and** floss before use
- Dry teeth with cloth and apply desensitizer to front & chewing surface of teeth. Only use cotton swabs provided to apply desensitizer.
- Rinse with water
- Place a small amount of gel in each tooth compartment in the tray  
(There is no need to bleach molars)
- Only place bleaching solution on the inner front side of tray
- Place trays with gel into mouth, be careful not to push all of the gel out, but be sure that the tray is completely seated
- Check to see if gel is surrounding teeth, if not place more gel into trays
- Wipe excess solution off of gums
- Wear trays overnight. Do not read or watch TV while whitening. This increases saliva production, which may reduce whitening results.
- Remove and rinse the trays with cold water
- Brush **and** floss again
- Continue treatment for 14 consecutive nights
- After treatment is finished you are welcome to make a follow-up appointment with Dr. Kloenne to check final shade

Some sensitivity is expected when bleaching. You can reduce the amount of sensitivity by using a fluoride gel for 4-5 days before and during treatment or Sensodyne toothpaste when you wake up each morning. If you experience an abnormally large amount of sensitivity please discontinue use and contact our office as soon as possible.

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