



INSTRUCTIONS FOR USING YOUR BLEACHING TRAYS

- 1. Put a ¼ of the syringe (Bleaching Solution) into the bottom of each tray, then place in mouth.**
- 2. Wipe off any excess from gums or above tray(s) with a wet toothbrush or finger.**
- 3. Use every other day or night for 1 hour until you reach your desired “whiteness.”**
- 4. If teeth become sensitive, wait a few days to continue or place a small amount of fluoridated toothpaste in the tray and wear for ½ hour.**
- 5. If sensitivity persists, contact First Impressions Family Dental Care at 317-867-5511.**
- 6. Keep solution refrigerated to extend shelf-life.**
- 7. Refill syringes are available for purchase from First Impressions Family Dental Care.**
- 8. Once through rinse trays with warm water and place back into case.**

Any further questions call us at 317-867-5511