

**Post Op for Bleaching Gel**

Apply a SMALL amount of bleaching gel on the front side of the bleaching trays just on the teeth in your smile line.

Take a Q-Tip and smooth bleaching gel inside the trays to ensure that you do not have too much gel applied.

Insert the bleaching tray, and if bleaching gel extrudes onto the gums remove excess with tissue to avoid irritation.

For the first application of bleaching gel, wear for only 15-20 minutes and increase time as there is little to no sensitivity present. Bleaching gel can be used for 30 minutes to 4 hours a day up to twice a day.

If you wish to sleep with bleaching gel on teeth, only do so after wearing tray for 30 minutes.

If teeth become very sensitive after using bleaching gel for 2 consecutive days, stop bleaching and use a desensitizing tooth paste to help with the sensitivity of teeth. After doing so, you can continue bleaching every other day as needed.

After wearing the bleaching trays for the time recommended, remove trays and rinse them with cold water.