



MODSquadDental.com

bleaching instructions

1. Remove the plastic tray from the mold.
2. Molds are very fragile, therefore keep in a safe place. If you lose the plastic tray, we can make new ones from the molds.
3. Start ONLY with the top. Do not do both at the same time; the effect will not be as great.
4. Place a small drop of bleach in the reservoir at the top of each tooth.
5. Place the tray in your mouth.
6. Push down on each tooth to spread the bleach, wipe off any excess bleach with your finger.
7. Leave the tray in for up to 3 hours for 10%, 2 hours for 16% and 1 hour for 22%.
If your teeth are sensitive, shorten length of time tray is worn or skip a day between treatments.
8. If sensitivity continues, please contact our office for a fluoride gel to decrease sensitivity.
9. Do ONLY the top for one consecutive week, then start with bottom arch.
10. Don't eat or drink anything except water for up to 2 hours after bleaching to prevent absorption of color.
11. Touch-ups can be done once every 4-5 months for about a week as needed.

IF YOU HAVE ANY QUESTIONS, DO NOT HESITATE TO CALL!!!

