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## ***Bleaching Instructions***

*Bleaching Tray Information: **START WITH BRUSHED TEETH***

*Place a small pea-sized amount into the deepest part of the tray.*

*Seat the tray over the teeth, removing any excess gel that may flow out of the tray with a finger sweep across the top of trays.*

*Wear the tray for at least 30 minutes, but no longer than 45 minutes at a time. **Do-Not** sleep with the trays.*

*If you get sensitivity go down on the time the tray is in your mouth to 20 minutes or only do one time per day.*

*After the time is up, remove the trays and place them to the side. Brush your teeth first and then brush your trays clean, lay the trays on a paper towel to air dry.*

*It is not wise to eat, drink or smoke with your bleaching trays in. Please do not keep your bleach trays in the car; the heat will distort the materials.*

*After several treatments you will begin to see a new and improved smile.*