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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.