



"Where Beautiful Smiles Are Created"

ASPEN RIDGE DENTAL
EST 1998

Bleaching Tray Instructions

- 1. Brush and Floss (Where plaque is, bleach is ineffective)**
- 2. Place ½ pea-size amount of bleaching material in tray on only those teeth to be whitened.**
- 3. To begin, we recommend you to bleach 30 to 45 minutes twice daily for the first week to ten days to condition your teeth to the bleaching material. Beyond this point, you may bleach at longer intervals never going more than three to four hours at any one time.**
- 4. With fingertip remove any excess bleaching material from the soft tissue.**
- 5. After bleaching thoroughly, brush and rinse mouth immediately.**
- 6. Clean trays using antibacterial soap and warm water.**
- 7. If you have any questions or problems, call us at (307)234-6054.**