

# brush365

DENTISTRY WITH INTEGRITY

## How To Use Your Whitening Gel With Your Custom Whitening Trays!

1. Brush your teeth with your regular toothbrush and toothpaste. Wash your hands.
2. Load your custom whitening trays with whitening gel halfway up the front surface of the teeth you want to whiten. By only whitening the teeth shown in your smile, you can get more uses out of your whitening gel. A little goes a long way!
3. Insert the trays.
4. Remove any excess that comes out with your clean fingers.
5. Wear time recommendations:
  - a. Opalescence PF 10%: 8–10 hours or overnight
  - b. Opalescence PF 15%: 4–6 hours
  - c. Opalescence PF 20%: 2–4 hours
  - d. Opalescence PF 35%: 30-60 minutes
  - e. Opalescence PF 45%: 15-30 minutes
6. After your whitening time has concluded, remove the trays and clean them with a soft toothbrush and warm water.
7. Brush your teeth as you normally would.
8. Repeat daily as your sensitivity level allows!
9. Keep your custom trays in a safe place. They can be used indefinitely if kept clean and intact... so don't let your dog eat them and don't throw them away!

Want to keep the whitening going? Ask us about our stronger whitening options or purchase another bleaching syringe to use in your custom whitening trays!

**Happy Teeth Whitening! We hope you enjoy the experience and get wonderful results!**