1. Follow your dentist’s instructions on how to load gel into your custom bleaching tray.
2. Brush teeth, then insert tray. Lightly tap tray to adapt tray sides to teeth. The wear time will depend on the percentage of gel your dentist has recommended. Refer to your dentist’s instructions below\*
3. Remove excess gel with clean finger or soft toothbrush. Rinse twice; do not swallow rinses.
4. If significant sensitivity occurs, stop treatment and consult dentist.
5. Clean tray with soft brush and cool tap water.