

PHILIPS
ZOOM!

Professional
Teeth Whitening

- Brush and floss prior to bleaching.
- Load bleach into the tray, fill only the teeth you want to bleach (crowns do not bleach).
- Place a line of bleach in the middle of each tooth you are bleaching. **Important:** Overloading trays will result in gum irritation. A little goes a long way.
- If bleaching gel oozes out onto your gums, take a Q-tip or cotton swab and remove the excess.
- For bleach strength **14% leave on for 15 minutes** and for **9.5% leave on for 30 minutes**.
- After to specified time remove your trays and brush the remaining gel away with a toothbrush and rinse thoroughly. You may brush again with toothpaste if you wish.
- Rinse out your bleach trays with cool water to remove all bleach residue and thoroughly dry before sealing in the case.
- After bleaching wait 48 hours before bleaching again.
- If any sensitivity occurs, then cut the bleaching time in half and wait 36-72 hours between bleaching's.
- Any questions please call the office: **Dr. Gordon E. Krueger DDS (727)384-6533**

