

**Dental Associates of Maitland, P.A.**  
**Bernard A. Kahn, D.D.S.**

**The Use of Your Whitening Trays**

1. Use your whitening trays for one hour, unless otherwise directed. If you do not have this time span available, delay its usage until you do.
2. Fill the zone of your tray only in the area to be whitened with a single bead of the syringe material. This is the area prepared on your model(s) to hold the whitening material.
3. Insert your tray and check for excess material. Remove the excess, if present, with your finger or toothbrush.
4. Do not chew or clench. You may drink beverages or consume soft foods as yogurt or gelatin. It is not recommended that you sleep. Studies show that you will clench or chew.
5. It is OK to experience the mild flavor of the whitening material.
6. After your one hour application, remove your appliance and brush your teeth and rinse your appliance well.
7. Store your appliance within its container where you can find it and out of the reach of your children and pets.
8. Store your whitening material in your refrigerator.
9. Repeat the application in seven to ten days.
10. Notify Dr. Kahn if a whitening to your gum occurs or if your teeth are sensitive to temperature changes.
11. For best esthetic results, please notify Dr. Kahn if your progress is not satisfactory.