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**Instructions for using a bleaching tray:**

1. Place a small amount of the whitening solution into your tray.
2. Make sure you remove any excess gel from around your tissues using a damp tooth brush or cotton ball.
3. Allow the whitening solution to set in for the recommended amount of time (see box for instructions).
4. When solution is set; remove trays and brush off any remaining gel.

**Reminders:**

1. If you have any crowns, they **will not** bleach.
2. Be sure to place your trays in a safe place. If you have any animals, they like to chew on the trays.
3. **DO NOT THROW AWAY YOUR TRAYS!!** The trays can be reused; you'll only have to purchase more whitening solution. Call your dentist if you do happen to misplace your trays.

**Common questions asked by patients:**

1. Will my teeth be sensitive? This will depend on the patient. If you do have sensitivity and find it bothersome, make an appointment with your dentist and **stop** using your whitening solution until then.
2. What happens when I run out of gel? Call the dental office to purchase more. **Remember to keep your trays!**
3. How often will I need to bleach? This will depend on the patient. Initially, you'll whiten for about two (2) weeks (depending on how white you want your teeth). After your shade is achieved, you'll only need to bleach once every two (2) to four (4) weeks as needed.
4. How do I know when it is the right shade? You may use your own judgment. If you are not sure, call your Dentist to have him/her evaluate your shade (at no cost).

*For any questions or concerns please call our office.*