

BLEACHING Your TEETH At HOME



HOME BLEACHING TECHNIQUE:

- Pour your Bleaching Gel from the Bottle into the Top Tray inside, then Bottom Tray.
- Only Fill the trays 1/4 (or 1/3) full, keeping the bleaching gel toward the outside (the important smile side). We skip the last molar on each side.
- Place the Upper Tray in first, then place the Lower Tray in your mouth.
- Use a Tissue to wipe off the excess bleach that oozes out of the trays.
- You may spit out any extra bleach that is left in your mouth. Do not rinse yet.
- The only effective bleach is that Bleach within the trays.
- Wear both Trays for 1, 2 or 3 hours. You may sleep with the trays in your mouth.

REMOVING THE TRAYS:

- Take out the Upper Tray from your mouth, using two fingers, one on each side. Next take out the Lower Tray.
- Use your Toothbrush and Water to gently clean all sides of the 2 Bleaching Trays.
- Brush your teeth.

LENGTH OF TREATMENTS:

You should see a lightening of your teeth after each treatment.
You may try any of the 3 different Bleaching Techniques below:

- 2 Hours a night for 15 Nights. (= 30 hours)
- Sleep with the trays in All Night for 10 Nights. (= 30 hours)
- 1 Hour a night for 30 Nights. (= 30 hours)

You may skip days or weeks between treatments.

The results only depend on the total hours of exposure the teeth receive from our home or office bleaching techniques.

REASONS & SCIENCE Behind the HOME BLEACHING TECHNIQUE:

We give you 20% Carbamide PEROXIDE Bleach. Others give you 10% or 15% Bleach. Our Trays are custom fit with a sponge liner for holding the bleach better and longer. After 2 or 3 hours, the Oxygen is used up, and the Bleach turns to Water ($H_2O_2 \rightarrow O_2 + H_2O$).

With best wishes for your health,
Dr. L. R. Friedman, D.D.S.

Dr. L. R. FRIEDMAN, D.D.S.
1762 Westwood Blvd. #460
W. Los Angeles, CA 90024
(310) 474-3765 1-800-ON-THE-MARK
<http://www.1800onthemark.com>