

Teeth whitening instructions with clear orthodontic retainers:

- Brush and floss your teeth prior to whitening. Do not eat or drink anything after brushing.
- Add a drop of bleaching gel to each tooth inside the clear retainer.

Attention: Use only bleaching gel provided by your dentist!



Do not use too much. A small amount for each tooth is all that is needed.

- Wear the retainer with the gel overnight or a minimum of 4 hours.
- In the morning rinse and brush the retainer and your teeth.

After 3-7 bleaching sessions you should see a noticeable result.

You might experience sensitivity of the gums and teeth.

To maintain the result you likely have to repeat the bleaching every couple of months.