

Dr. Anthony Sidor

Whitening Instructions

- ✓ Pick a time in the day that is convenient for you to whiten  
Example: The time between dinner and bedtime
- ✓ Brush your teeth
- ✓ Put a single drop of bleach in each tooth space (excluding molars)
- ✓ Wipe excess bleach off your gums with a tissue
- ✓ Leave trays in for approximately 2 hours
- ✓ Remove trays
- ✓ Brush your teeth again, as well as gently cleaning out your trays
- ✓ Repeat again each night for the next two weeks, or until you are satisfied with your results
- ✓ Call us at 453-1890 if you have any questions

***Happy Whitening***