



Clinique de
Gervais & a

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Bleach treatment

1. Brush your teeth.
2. Put some gel in your tray, don't put too much (size of a piece of rice).
3. Keep them in your mouth for 30 minutes.
4. After 30 minutes take them off. Rinse and brush your tray and your teeth. Wait until your gutters are no longer wet before you put them in your little box.
5. Your teeth may be sensitive after you do the treatment, don't worry it's normal, but if it's not tolerable, stop the treatment for 2 or 3 days then start again.
6. You can also use Sensodyne toothpaste after the treatment for the sensitivity. Do your bleach for 30 minutes and rinse your tray, then apply Sensodyne to your tray and repeat for 30 minutes.
7. If it's still sensitive you can put some fluoride in your tray for 30 minutes as well.
8. It's very important that during your treatment you do not eat or drink: coffee, tea, red wine, tomato sauce, broccoli, chocolate, tobacco, etc...
9. If you have any more questions please call us at 450-656-5016 ext. 1