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tray at a time) and use a low strength percentage of bleaching gel. Use 10% carbamide peroxide (CP) to start. Repeat the cycle daily. If you do not experience any significant sensitivity problems, you can replace 10% CP with a higher concentration to possibly shorten bleaching time. If you have sensitivity after bleaching, do any of the following: Skip a night/day or two of bleaching, and start over. Start with 30 minutes and increase the carrying time if you experience any sensitivity. Most effective is placing Relief ACP Desensitizing Gel or Dr. Collins BioMin Restore Toothpaste inside the tray after bleaching. DO NOT mix desensitising material with bleaching gel. Use alternative uses of the tray. Use desensitizing material before and after the use of bleaching products. Products.

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