

PATIENT INSTRUCTIONS FOR BLEACHING

1. Plan to wear your bleaching tray for 2 to 3 hours, continuously. If you have finished wearing braces in the last year, you must put your retainers back in your mouth right after bleaching; otherwise, your teeth will move, and your retainers will not fit.
2. Wear the tray every day for 5 to 7 days. Certain people have teeth that require a few more days of bleaching to get the desired result. *Do not bleach for more than two weeks without first contacting our office.*
3. Only wear one tray at a time and minimize talking. This will prevent the bleaching materials from being pushed out of the trays, reducing the effectiveness. Finish bleaching one jaw completely before starting on the other.
2. Brush your teeth before bleaching. To load the tray, remove cap from syringe tip and put a narrow strip in the middle of the cheek/lip side of each of the teeth evenly; do not fill the large molars in the back. Do not overfill...this increases the chance of gum irritation. This will take no more than 1/4 of the syringe. Seat the tray firmly onto your teeth. Wipe the excess off your gums with your finger or a tissue. Do not eat or drink with the trays in place.
3. When the tray is removed, brush and rinse the remaining gel from your teeth. Clean the tray with cool water and your brush or a Q-tip. Store the trays in their case.
4. You'll probably notice that your teeth lighten less or more slowly next to the gums. This is related to the tooth's natural color which is darker at the gum line. The upper teeth tend to bleach more quickly than the lowers, as well; this is normal.
5. *Possible Side Effects:* Increased sensitivity to cold, gum irritation, tooth sensitivity, tongue or lip soreness, throat irritation. If any of these symptoms become more than mild or persist, try skipping a night or two of wear. They usually resolve within 1 to 3 days. Take ibuprofen (Advil, Motrin, etc) as needed.
6. Please call us if you have any questions or concerns.
7. Remember to save your bleaching tray(s). They can be used to "touch up" your teeth at a later date.

Thank you.



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