



BLEACHING INSTRUCTIONS & INFORMATION

You have been given custom made bleaching trays and dental whitening gel. The following instructions will help you obtain whiter teeth with minimal sensitivity.

1. Brush and floss your teeth.
2. Dispense a small amount about (1/2 the size of a small pea) into the tray towards where the outer side of your teeth will be. Your dentist or other office staff member will demonstrate this when you pick up your trays.
3. Seat the tray over your teeth. Gently remove any excess gel that flows beyond the edge of the tray onto your gums.
4. You may find it most convenient to wear the trays while you sleep. Otherwise, you should wear them for a minimal time of 4 hours at a time.
5. After the prescribed time, remove the tray. Use a toothbrush and cold water to clean the gel out of the tray. Store the tray(s) in their case. Brush your teeth to remove excess gel. Keep your trays out of reach of pets, especially dogs, as they like to chew on them!
6. Avoid coffee, tea, cola beverages, red wine, grape juice and tobacco products for at least 30 minutes after removing your trays, as this is when your teeth are the most porous and will most readily pick up stains. Remember, if something will stain a white t-shirt, it will also stain your teeth.
7. For best results, you will need to wear your trays consistently for 10 to 14 days.



A small percentage of patients experience sensitivity while bleaching. The bleaching gel chosen by our office contains potassium nitrate and fluoride to help prevent this. If sensitivity occurs, there are several things you can do to minimize it:

- Decrease the wearing time of your trays
- Skip a day or two
- Use a toothpaste for sensitive teeth (Sensodyne, Crest Sensitive, etc.)
- Avoid foods high in citric acid (oranges, tomatoes, etc.)

If sensitivity persists and/or is severe, you may need an in-office fluoride treatment.

Please call our office if you have any questions or problems.