

BLEACHING INSTRUCTIONS

Each night brush your teeth and rinse. Express the material into the tray towards the front surface of the teeth. Put a small drop, approximately the size of a grain of rice, on the depth of the tray on each tooth and tease it up on the front (lip side) of each tooth. Small teeth may need less and larger teeth slightly more. When you put the tray in your mouth, lightly press on the front to make sure it is seated properly. Finally, gently wipe away the excess that comes out the top of the tray. Generally you do not bleach back past the first molar and do not place in the teeth that have crowns or veneers on the,. Existing fillings will not change color like the tooth does.

STANDARD BLEACHING INSTRUCTIONS

There are different ways to wear the trays. The most common way to wear the trays with 16% bleach is at night while sleeping. If excess sensitivity develops, wear the trays with 16% during the day for two hours. Rinse or brush teeth after removing the trays each time you bleach. Some slight sensitivity right after the trays are removed is not unusual. If excess sensitivity continues, stop bleaching and contact our office.

POWER BLEACHING INSTRUCTIONS

To speed the process, the trays can be worn with 16% two hours in the morning and two hours in the afternoon. If 22% bleach is used, wear it the same but never at night. Again rinse or brush teeth after removing trays each time you bleach. Also again if you develop more than just slight sensitivity discontinue use and contact our office. Feel free to call our office anytime with any other questions.