



## Take Home Whitening Instructions

- Thoroughly floss and brush your teeth with toothpaste.
- After removing cap from syringe, express the contents of bleach evenly into the deepest portion of the tray and toward the front side of the tooth. Place a dot of bleach in each tooth to be bleached.
- Seat the tray over the teeth. Gently remove excess gel that may flow beyond the tray's edge with Q-tip or tissue.
- Follow the recommended times below based on bleach strength percentage. If you have no sensitivity you may bleach 7-10 days in a row.
  - 10% bleach wear 8-10 hours a day or overnight
  - 20% bleach wear 2-4 hour a day
  - 35% bleach wear 30-60 minutes
- After the prescribed time, remove the tray and clean gel out with a toothbrush and warm water. Brush bleach material off teeth. Wait 30 minutes before eating or drinking.
- If experience sensitivity, remove trays, brush bleach material off teeth. Wait 30 minutes before eating or drinking. Consider reducing your wear time to limit sensitivity for the subsequent bleaching sessions.

### **Please do not...**

- Use bleach when you are pregnant or lactating.
- Eat or drink while wearing your custom trays.
- Use tobacco products while wearing your trays.
- Expose syringe to heat or sunlight.
- Freeze the syringe of bleach.
- Eat or drink foods with intense color.

### **Please remember...**

- Teeth are naturally darker along the gum line.
- These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
- A percentage of patient's experience sensitivity with bleaching. It may be recommended that you bleach every second or third night.
- Foods and juices high in citrus acid can cause sensitivity to the teeth.
- Some patients have noticed temporary discomfort of the gums, lips, throat or tongue. Should any of these symptoms persist more than two days or increase, call the office. These side effects usually subside.
- Coffee, tobacco, wine, red juices, red fruit and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened within a few nights.
- Regular dental checkups and cleanings are important before and after bleaching to maintain a healthy smile.

- Please call our office with any questions or concerns!

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