



TAKE-HOME BLEACHING INSTRUCTIONS

Wearing Your Trays:

- Prior to inserting your trays, brush and floss your teeth
- Lightly tap tray to adapt sides of tray to teeth
- Load trays with bleach by placing a small dot of solution on the front surface of each tooth
- After placing trays in your mouth, press lightly on the front and wipe off any excess solution
- Leave trays in for the prescribed amount of time
- Do not eat or drink while the trays are in your mouth
- After you complete each bleaching treatment, rinse your trays thoroughly and lightly brush teeth
- No dark liquids for 2 hrs immediately after bleaching (coffee, tea, soda, red wine)

Bleaching Schedule:

- For 35% solution wear trays for NO LONGER than 30 minutes
- For 20% solution wear trays for NO LONGER than 2-4 hrs/day
- For 10% solution wear trays for NO LONGER than 8-10 hrs/day

Additional Instructions:

- You may experience some sensitivity. If the sensitivity increases you may skip every other day.
- To help prevent sensitivity, avoid using any bleaching or tarter toothpastes and avoid acidic fruits and juices (tomato, orange, grapefruit).
- For your initial bleaching treatment, you will want to bleach for 10-14 days.
- For touch-up bleaching you will only require two days of treatments, usually every six months to one year.

Your follow up appointment for your initial bleaching appointment will be two weeks after you begin your first treatment. You will want to wait at least TWO WEEKS after you finish your last treatment prior to doing any restorative work on your teeth.