

Home Bleaching Instructions

Initial treatment

Wear bleach trays a maximum of 30-60 minutes a day for 7-10 days. Being consistent will give you the best results. If teeth become sensitive try the following: Use prescription toothpaste 2-4 weeks prior to beginning bleaching, wear the trays every-other-day and/or take 600mg ibuprofen 1 hour prior to bleaching. It is not recommended or necessary to wear trays longer than specified. Keep in mind that if you leave your trays in longer the sensitivity may increase.



Scan the QR Code for a bleaching tutorial video for use with Invisalign.

Instructions

- Brush and floss teeth prior to placing your bleach trays.
- Remove cap on the bleach tube, do not throw away as this is replaced following use.
- Place a very small drop of gel into every compartment of the tray for the teeth to be treated. Two tubes should be able to last the initial period of 7-10 days.
- Insert the trays and press the trays to adapt to surfaces of the teeth. This may result in excess bleach coming out near the gum line. Use a napkin or cotton to wipe away solution from tissue. If left on tissue this may result in irritation or bleaching of gums that resolves in 4-6 hours.
- If significant sensitivity occurs, stop treatment and contact our office.
- After bleaching, clean trays with soft brush and cool tap water.

Precautions

- To be used under the supervision of a dentist.
- Store bleach in refrigerator. Take bleach out 1 hour prior to use to ensure it is close to room temperature.
- Bleaching agent should NOT be used by patients with known allergies or chemical sensitivity to peroxides, glycerol, etc...
- Do not smoke during or immediately after whitening process
- The trays should be removed, mouth rinsed and teeth brushed before eating and drinking.
- Food containing strong colors should be avoided for at least 48 hours or consumed in moderation during treatment. Example: Coffee, tea, soft drinks, and colored candies. Using a straw will help to keep fluids off the front surfaces of your teeth
- Keep out of reach of children and pets
- Not to be used by pregnant or lactating women or children under the age of 14.

If you have any questions or concerns please feel free to call in to the office or email us directly:

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