



Dental Bleaching Instructions: Congratulations on your decision to brighten your smile! Bleaching is an excellent method to remove old stains from tobacco, tea, and coffee or simply to make dull-looking teeth even brighter. The smile is the focal point of attention so it makes sense to make it look its best! Custom-fabricated trays are the best value in bleaching with the most predictable results. The bleaching procedure is non-invasive and may take only 7-10 days to complete.

Pre-Bleaching Instructions: First, make sure your tray is comfortable with no sharp or rough edges. If so, simply trim with sharp scissors where you find the problem. No matter how well we inspect the tray; there is an occasional rough spot that may be undetectable until you try them in. Wear your EMPTY bleaching trays alone for a few hours or even over night. After wearing the empty trays place some desensitizing or fluoride toothpaste in the tray and wear for a few hours or overnight until comfortable. After comfortable with trays alone or with toothpaste, place the bleaching material in the tray instead of the toothpaste.

Filling the tray: You should only be concerned with bleaching the outer surface of your teeth. Load gel into the inside of the tray by starting at the depth of the tooth and squirting a thin line up the front surface. Use the tip of the syringe to smear the bleach around only on the front surface. There is no need to go back beyond the 1st Molar. One syringe of bleaching agent should be enough to fill a single tray 3-4 times. If gums are sensitive to the bleaching agent, apply a thin layer of petroleum jelly to the gums adjacent to the teeth that are being bleached.

Application Instructions: Begin by brushing your teeth. Next, insert the tray and seat firmly and remove the excess gel that extrudes by wiping a clean finger around your gums above the tray. For the 32% formulation, the recommended bleaching procedure is one treatment per day for three (3) minutes' duration for 14 days. After your daily three minutes, remove tray and rinse mouth with warm water or mouth rinse. Results should be seen in as few as 2-3 treatments depending on severity of stain/discoloration prior to bleaching. Mild sensitivity (especially to hot and cold) is expected during treatment, and for up to 1 week after the last treatment. Some amalgam or "silver" fillings may leave a dark purple color in your whitening tray. White fillings and porcelain restorations will NOT bleach.

Sensitivity: A small percentage of patients experience sensitivity, or discomfort of the gums, lips, throat, or tongue. Should any of these symptoms persist more than two days or progressively worsen, call our office. These effects will usually subside within 1-3 days after treatment is discontinued. For sensitivity, do some of the following: skip a night/day or two of bleaching; bleach for less time and then gradually increase; and/or alternate wearing a tray filled with desensitizing/fluoride toothpaste in one time period and bleaching material the next.

Cleaning, Care, and Storage: Clean trays with a soft toothbrush and luke-warm water following each use and leave out to dry. Trays may be stored in a protective case (plastic with a lid work well). Keep your trays and bleach secure from pets and children. Store excess bleach in fridge.

Follow-up treatments: Depending on the individual, their diet, and their susceptibility to staining, follow-up treatments may be necessary from time to time. Additional whitening gel refill syringes may be purchased at the Elma Family Dental (360) 861-8318. Coffee, tobacco and other products can re-stain your teeth.