

## **TEETH BLEACHING INSTRUCTIONS**

- ▶ Thoroughly brush & floss your teeth prior to using your bleach trays
- ▶ After removing the cap from the Opalescence syringe tip, express the contents into the front side of the tray. Place one drop in each tooth space (approximately ½ of the syringe will be necessary).
- ▶ Seat the trays completely and firmly over your teeth. Using a soft toothbrush, tissue or a clean finger, gently remove excess gel that may flow beyond the tray's edge.
- ▶ Leave trays in for 1-2 hours or if you prefer, you can leave them in overnight.
- ▶ After removing the trays, brush and rinse your teeth and the trays, then return the trays to their container.
- ▶ Using the trays on consecutive days is necessary for proper bleaching results to be achieved.
- ▶ Store your bleach syringes at room temperature

## **THINGS TO REMEMBER**

- ▶ Teeth are naturally darker along the gumline. These areas may require more time to lighten than the rest of the tooth surface and will usually remain slightly darker.
- ▶ A small percentage of patients experience sensitivity with bleaching. Slight sensitivity is normal. If you have anything more than slight sensitivity, please contact our office.
- ▶ Foods and juices high in citric acid can cause or worsen the sensitivity of your teeth.
- ▶ Some patients have noticed a temporary discomfort of the gums, lips, throat and tongue. Should any of these symptoms persist more than two days or progressively worsen, then contact our office. These side effects will usually subside within 1-3 days after the whitening treatment is discontinued.
- ▶ Some foods and drinks that tend to stain your teeth can affect your overall bleaching results, such as wine, tea, coffee, soda, beets, etc.
- ▶ Smoking will adversely affect the results of your bleaching treatment. Avoiding tobacco products while bleaching will help ensure a better result.