

Bleaching Instructions

Prior to Bleaching: Brush and floss your teeth. This will reduce the plaque and bacteria that may cause problems during treatment. Place one dot of bleach on the lip and cheek side of your bleaching trays. There is no need to waste bleach gel on the tongue side of your trays. Don't overload your tray. The one dot will spread over the entire tooth once the tray is completely seated.

While Bleaching: After you have placed the bleach tray in your mouth, you should not have anything to eat or drink. The bleach gel works by slowly opening dentin tubules or "pores" in the enamel and flushing out stain. Your teeth during and after treatment are susceptible to staining, so it is best to avoid kool-aid, cranberry juice, red wine or anything else highly concentrated in color. Clear liquids during or after treatment allowed. Smoking and chewing tobacco will also re-stain your teeth if you use it during or within one hour of treatment. The active material in the bleach is 10% or 15% carbamide peroxide. If your teeth or gums become sensitive during the bleaching process remove the trays and brush your teeth with warm water. If your gums are stinging or burning take the trays out and rinse your mouth with warm salt water. If your teeth become sensitive to cold temperature then switch to using the bleach every other day for a shorter amount of time.

How Long to Bleach: You should begin to see results within about one week or after the use of one bleaching syringe. Make sure that you use all the provided bleach to obtain maximum results. You can sleep with the trays in your mouth (although this is not recommended with everyone) if you have sensitive teeth you should only have them in your mouth for a maximum of 2 hours and alternate every other day. The minimum amount of time to bleach is 45 minutes, unless your teeth become sensitive in that time period, then remove trays and follow the "After Bleaching instructions". Your teeth have different thickness of enamel; some areas may bleach quicker than others. Don't be alarmed if your teeth start to spot or cloud, this is due to dehydration, once your teeth rehydrate the shade will become more uniform.

After Bleaching: Brush your teeth and trays with warm water. Be sure to remove all left over bleaching gel from the trays after each use to prevent inactive bleaching gel from setting on your teeth during the next treatment. Make sure that you store the bleaching gel in the refrigerator. We also encourage the use of fluoride gel after bleaching, this will help reduce sensitivity and remineralize your teeth. Fluoride gel is available at some of our locations. Our doctors will also be more than happy to write you a prescription for fluoride if it is not available at the dental practice. Please discontinue use and contact your dentist if the bleaching gel causes extreme sensitivity or discomfort.