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## I Directions for Home Bleaching

### Things to Do:

1. Bleaching is best performed within two weeks after a thorough professional cleaning. Many stains can and must be removed mechanically to allow the bleach to come in contact with the teeth.
2. Prior to inserting the trays, brush and floss your teeth thoroughly.
3. Always clean and dry the tray prior to insertion of new bleach and dry your teeth with a clean towel before placing in the tray.

### Things Not to Do:

1. Attempt to eat or drink while wearing the trays. This may damage the tray or cause the bleaching gel to be expressed out of the tray prematurely.
2. Avoid placing too much or too little bleaching material in the tray. Too much bleach can cause mild gum irritation; too little bleach fails to cover the teeth thoroughly and can cause erratic bleaching results
3. Please do not attempt to modify the bleaching tray yourself. While minor sharp edges may be easily removed with small scissors, heavy-handed adjustments may render the tray useless. Please call the office and we will gladly make adjustments for you.

### A Note About Sensitivity:

Transient (1-5 days) tooth sensitivity is a natural side effect of bleaching. As peroxides break down, they enter the tooth and penetrate to the deepest levels. This is why professional bleaching products can remove stains even when they are deep within the tooth. As these peroxides attack stain molecules, they release oxygen as a by-product. As oxygen levels build within the tooth, the tooth becomes more sensitive to cold and heat. Within days of bleaching, this oxygen dissipates from the tooth and the sensitivity goes away. Bleaching does not cause teeth to die, nor does it alter the quality of your enamel.

### Instructions for Daily Use:

#### Nighttime Users:

1. Prior to bed, brush and floss thoroughly
2. Dry teeth and tray, place material as directed, insert the tray, remove excess.
3. Wear trays to bed all night.
4. In the morning, remove trays, brush and floss your teeth
5. Brush the bleach out of the tray with just warm water.
6. Repeat until all the product is used. This should take 10 days. Dispense bleach accordingly.