



Bleaching

Instructions:

Standard Home Bleaching 1. Brush and floss your teeth thoroughly prior to wearing the tray. 2. Prepare your tray by placing a little whitening gel into each of the reservoirs. 3. Place the tray in the mouth and ensure that it is well seated. 4. Remove excess bleaching material from the gum or tissue with a finger or toothbrush. 5. Wear the tray with gel for a minimum of 2 hours or as directed by your dentist. 6. Do not eat or drink anything or smoke while wearing the tray. After Treatment

1. **Remove the tray and rinse your mouth with water.**
2. **Brush away any remaining gel.**
3. **Clean the gel tray with warm water and a toothbrush.**
4. **Dry the tray thoroughly and store in the tray holder.**

Treatment Period The usual treatment period is 1-2 weeks and ends when the desired tooth shade is attained. At your recall appointment with your dentist, the treatment results will be assessed. In severe cases, an extended treatment time from 6 weeks to 6 months may be required to attain the desired effect. Bleaching for Sensitive Teeth 1. For 1 week before bleaching: Apply Sensodyne toothpaste in the bleaching tray every evening. This will desensitise the teeth before commencing bleaching treatment. 2.If sensitivity should arise when bleaching, place Sensodyne into the tray and sleep overnight with the tray in place. 3. If teeth are frequently sensitive when bleaching, alternate nights placing Sensodyne one night and the whitening material the next.