

## **BLEACHING DIRECTIONS**

- 1. As you wash up for the evening, brush and floss your teeth.**
- 2. Take the bleaching tray off its model and open a bleaching syringe.**
- 3. You will use between  $\frac{1}{2}$  and  $\frac{3}{4}$  of a syringe for each arch each night.**
- 4. Try your tray in the first time to 'rehearse' the proper placement.**
- 5. Spread the bleach using the syringe tip on the inside of the bleach tray. Place it on the inner tray surfaces that correspond with the blue areas on your model. Generally that means both the front and back of the front six teeth and the fronts only of the remaining teeth.**
- 6. Insert the tray gently and carefully.**
- 7. Excess bleach will be expelled out at the gum line. Gently wipe away the excess using your finger or a toothbrush or a cotton swab.**
- 8. DO NOT SQUEEZE THE BLEACHING TRAY ONTO THE TEETH. This will only force out the bleach we want to stay in contact with the teeth. If a great deal of excess bleach is expelled, use less the next day: If none is expelled use more.**
- 9. When you wake in the morning, remove the tray. Brush your teeth off with warm water.**
- 10. Clean the tray out gently with a toothbrush and cold water. It is important to remove all the used bleach daily.**
- 11. Place the tray back on the model.**
- 12. Partially used bleach syringes should be used the next day.**
- 13. If we have given you more than two boxes of bleach, place the rest in the refrigerator. The bleach will be fresh for two years in the fridge. Outside the fridge, they will be fresh for at least three months.**
- 14. Sensitivity during bleaching is not unusual. The sensitivity has not been permanent with any cases we have ever done.**
- 15. After one week of bleaching your upper teeth, we will have you back to check your progress and begin the lower arch.**
- 16. Most patients touch up the bleaching for 3-4 nights twice a year.**

**Please call (248) 626-9915 if you have any questions.**