



Bleaching Instructions



A precaution... Wait 3 days before bleaching if you have just had a cleaning – it will diminish sensitivity

How long will I bleach for? Likely for between 2–4 weeks

How do I make sure I am getting the most out of the bleaching?

- Minimize intake of “high stain potential foods/liquids” like coffee, tea, soda
- Store bleach in a dark place – visible light will render it inactive
- Do not rinse trays in hot water – they will deform
- If you own a dog, place plastic case in a drawer so your dog is not tempted to eat it
- Save your models – if you damage your trays we can remake them without another impression

- Step 1. Brush and Floss your teeth (clean teeth bleach better)
- Step 2. Inject bleach into the trays (as instructed) and place them on your teeth. Remove excess. Bleach for 1 HOUR.
- Step 3. Remove trays and clean out remaining bleach with a Q-tip. Add new bleach and re-insert trays for 1 HOUR.
- Step 4. Remove trays, rinse your mouth well, and store the trays in your container
- Step 5. Repeat this process daily for 2 weeks and come back to the dental office for a follow up visit

What is the future maintenance?

You may need to perform the bleaching regimen once a month to maintain whiteness.

Considerations...

- Some people may experience moderate amounts of sensitivity while bleaching leading to a need for modification of the bleaching protocol. Call the office if you experience discomfort.
- Dental restorations DO NOT whiten. If you are trying to whiten your teeth to match your restorations, call the office when you believe the match is satisfactory
- If you have existing restorations, they will appear darker after bleaching your teeth. You may consider replacing them with more appropriate colored restorations after bleaching is complete. Discuss this with your dentist **PRIOR** to starting bleaching.

The Waban Dental Group

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