



DENNIS E. DOELLE, D.D.S.

BLEACHING INSTRUCTIONS

It has been our experience that you will receive the best results with take home bleaching materials if you adhere to the following instructions.

- Place a small amount of bleach gel into the front surface of the depressions for each tooth in the tray. Bleach will not change the color of a crown, veneer, or a large filling. Place the trays in your mouth; wipe off any excess bleach with a tissue. If there is excess bleach, you have overfilled your tray, use a small amount next time.
- Unless we suggested otherwise, we generally recommend that you bleach for three to five hours, once a day for two weeks, or until desired results are reached. You may leave bleach trays in overnight; however, research shows that there is no increased benefit to leaving the trays in for more than 5 hours.
- Do not eat or drink anything while you are bleaching your teeth. When your bleaching session is over, remove the trays from your mouth, spit out any excess bleach, or wipe it off with a tissue. Clean your bleach trays out with a soft toothbrush or paper towel and warm water. Store your bleach trays in the provided storage case. (Pets love to chew them up!)
- Some slight sensitivity to hot or cold is normal while you are bleaching your teeth. We recommend you use Sensodyne toothpaste if this occurs. If the sensitivity is uncomfortable, you may want to stop bleaching for 24 hours, then continue. Sensitivity around your gums can also occur, you should avoid overfilling your trays so the bleach does not touch your gums.
- Acidic foods/juices may cause sensitivity if consumed shortly after bleaching. Do not use tobacco products or eat while bleaching.
- Results with bleaching may vary from patient to patient and sometimes from tooth to tooth. We have prescribed a concentration of bleach which usually provides good results with minimal adverse effects. If the results you obtain do not provide the degree of whitening you desire, contact us and we may want to consider a stronger concentration of bleach or an alternative method of whitening your teeth.