

# BAILEY FAMILY DENTAL & BRACES

“HELPING PEOPLE THROUGH DENTISTRY”

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## BLEACHING INSTRUCTIONS

Store bleach syringes in the refrigerator.

Take an anti-inflammatory such as ibuprofen, Aleve™ (OTC) or Anaprox™ (by prescription) morning and night during the bleaching process.

Place about ¼ syringe of bleach evenly inside the front of each tray (upper and lower). Place it only on the area for the front 10 teeth (upper and lower trays).

Push the trays into place in your mouth. Wipe off any extra bleaching material with a wet tissue. There should be no excess bleach left on the gum tissue. Any excess will make the gums sore.

Do not eat or drink when the trays are in your mouth.

After removing the trays, rinse your mouth well and brush out the trays. The bleach is sticky and you may need to brush the extra off your teeth. Use water only—no toothpaste. Now place your prescription toothpaste on your brush and brush softly and thoroughly for 2 minutes. Rinse with “luke-warm” water. After rinsing, don’t eat or drink for half an hour. **If you need to eat or drink, do it after removing the trays with bleach, and before using the prescription toothpaste.**

Wear the trays overnight and/or for any one- to two-hour period during the day. Use the prescription fluoride toothpaste after every bleaching session. Many combinations of applications will work. Different strengths of bleach take more or less time per application.

It is common to have some increased sensitivity in your teeth. Both the fluoride and the ibuprofen or Anaprox™ will help lessen the symptoms. Ideally we recommend 14 bleach applications. These may be difficult to complete due to tooth and/or gum soreness.

If you cannot tolerate the recommended applications, please call! We will alter the process for you. The trays may need to be adjusted, the frequency of applications can be changed, or perhaps we can lower the strength of the bleach.

You will see results within days. The amount of whitening will decrease over time.

Re-bleaching (“touch ups”) one night per month is absolutely necessary to keep your new shade. As long as your trays still fit, it only costs a few dollars for new bleach when you need it.