

## **Bleaching Instructions**

***Janet E. Stukalin, D.D.S.***

1. Brush and floss your teeth.
  2. Before placing trays in your mouth, apply a thin layer of Vaseline to gums using a Q-tip.
  3. Apply bleaching gel to trays as directed by our office.
  4. Most patients will leave trays in mouth overnight. For more sensitive teeth and for teenagers, you will leave trays in for 2-4 hrs. only, for at least one treatment, before using trays overnight. This will allow you to test the sensitivity of your teeth. If you are not sensitive after four hours of treatment, you may use the trays overnight (but do not leave them in overnight the same day you do the sensitivity test.) If you are sensitive after the four hour test, then treatments will be done alternating days with two hour fluoride treatments.
  5. Continue bleaching for the time instructed by Dr. Stukalin. Typically this is two weeks unless teeth become overly sensitive. We will see you back in two weeks for a quick bleach check appointment. At this time, Dr. Stukalin will determine if more bleaching is necessary or if we need to change the concentration level of the bleach solution.
- At any time your teeth become sensitive during the bleaching treatments, you may take 2 Advil to relieve pain. You may also load trays with the desensitizing gel (fluoride) and wear for 2 hours. Do not continue bleaching until the sensitivity is completely gone. Some patients will need to alternate by bleaching their teeth one night then using the fluoride gel in the trays the following night. **\*\*Do not wear fluoride in your trays overnight.\*\***
  - The ultimate goal is to get to the desired color with the least amount of sensitivity. This typically takes 14 Days for an adult and 5-7 days with teenagers.
  - If you have any questions during the process, please call our office, we will be happy to help.