

## **Bleaching Instructions**

1. Brush and floss your teeth.
2. Before placing trays in your mouth apply a thin layer of Vaseline to gums using a Qtip. Apply bleaching gel (10, 16 or 20%) to trays as directed by our office.
3. Most patients will leave trays in mouth overnight. For more sensitive teeth and teenagers, you will leave trays 2-4 hours for at least 1 treatment before using the trays overnight. This will let you test the sensitivity of your teeth. If teeth are not sensitive after 4 hours of treatment, you may then use trays overnight. However you should not bleach the same night as the 4 hour test, wait until the following day. If teeth are sensitive only 4 hour treatments will be done alternating days with 2 hour fluoride treatment.
4. Continue bleaching for the time instructed by Dr. Stukalin. Typically this is two weeks unless teeth become overly sensitive. A 2 week bleach check is scheduled back in our office. This appt should only take 15-20 minutes. At this appt Dr. Stukalin will determine if more bleaching is necessary and if a higher concentration of bleach is indicated.

At any time your teeth become sensitive during the bleaching procedure you may take 2 Advil to relieve pain. You may also load trays with the desensitize gel (fluoride) and wear for 2 hours. If you become overly sensitive do not continue bleaching until sensitivity is completely gone. Some patients will need to alternate by bleaching their teeth one night then use fluoride in the tray the following night. Fluoride is to be used in the tray for 2 hours not overnight.

The ultimate goal is to get to a desired color with the least amount of sensitivity. Typically this takes 14 days with an adult, often 5-7 days with teenagers.

At any time during the bleaching process if you have any questions please call our office. We will be happy to help you with any concerns.