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BLEACHING INFORMATION

Welcome to a brighter smile! Before you begin the whitening process, please take a moment to read the following information.

Reasonable Expectations: This process removes most food, beverage, tobacco and aging stains. However, discoloration from medicine, minerals or injury may not respond well. Results can vary, but most patients can expect significant whitening within two to three weeks. Bleaching may need to be repeated every few months as needed.

Instructions for Use:

1. Brush your teeth prior to inserting trays.
2. Apply a small dab of bleach to the area of the tray that contacts the front of your teeth.
3. Place loaded tray firmly in place around teeth. Note: if the tray is overfilled, bleach will seep onto the gum tissue when inserted. If this happens, run index finger or tissue along the gumline to remove excess bleach.
4. Wear trays 1-2 hours daily. You may wear your trays overnight if this is more convenient; however, the largest uptake of bleach occurs within the first hour, so wearing them one hour a day is sufficient. Note: if tooth sensitivity occurs, reduce the frequency or time you bleach until the sensitivity subsides.
5. Remove the trays and rinse mouth thoroughly. Then brush the gel from your teeth with the accompanying high fluoride concentration toothpaste. Use warm water and your brush to clean the remaining gel from your trays.
6. Avoid food and beverages with high staining potential for 1-2 hours after removing the trays, as these products are more readily absorbed in the newly whitened teeth (coffee, tea, soda, grape juice, red wine, mustard, etc.).

Possible Side Effects:

1. **Irritated gum tissue.** This usually occurs if the trays are overloaded or if the trays are improperly fitted.
2. **Heightened temperature sensitivity.** While this is the most commonly reported side effect, reducing the frequency of bleaching can reduce it. If it does not subside, contact us as 303-791-6700.

After the Bleaching Process:

1. Refrigerate remaining bleach to extend its shelf-life.
2. Store trays away from pets and children.
3. Rebleach as needed (usually wearing the trays once or twice every six months is sufficient).