

Whitening Instructions

Congratulations! You have made an excellent decision to improve your smile.

Please read the following information and don't hesitate to call the office if you have any concerns. Also, remember to tell your friends about the wonderful results you will achieve.

- 1) After your nightly routine, ie: brushing and flossing, apply a small amount of bleach (approximately $\frac{3}{4}$ of a pea in size) onto what would be the front surface of your teeth in the tray. You will use about $\frac{3}{4}$ of the syringe of bleach each treatment.
- 2) Place your bleaching tray over your teeth. The bleach will dissipate evenly. Make sure the bleach covers the whole surface of the front of the teeth and leaks out of the top a little.
- 3) Using a wet washcloth or toothbrush wipe away any excess bleach.
- 4) Go to bed with the tray in place.
- 5) When you get up the next morning take your tray out and brush your teeth with tepid water. Brush the old bleach out of the tray with cool water. **DO NOT CLEAN THE TRAY WITH HOT WATER. YOU WILL MELT THE TRAY.**

Bleach nightly if possible for approximately two weeks. Stop if it takes you less time to bleach to your desired result or continue bleaching if you're still not happy with the color after two weeks. Sensitivity to temperature is very normal during the bleaching process. You may need to take a night or two off.

Make sure to give yourself enough time to finish bleaching and stop bleaching at least one week prior to your appointment with us to prepare your veneers.