

Post Operative Instructions

Bleaching Precautions

- This bleaching solution is specially formulated to reduce sensitivity. If significant sensitivity occurs stop bleaching and call us at 262-728-9330.
- Some old amalgam or “silver” fillings may leak a dark purple color into your bleaching tray. This is normal.
- Any white fillings that you have will not bleach. They may need to be replaced after you finish bleaching.
- Coffee, tea, and tobacco can restain your teeth over time. Should this occur, the teeth can be rewhitened within a few nights with the bleach.
- Store bleach out of the sun and away from heat.
- Keep bleach out of reach of children, and do not use if you are pregnant. Discard any unused material after you are done bleaching.
- Try not to swallow the bleach. It contains peroxide and fluoride and may be harmful if swallowed in large amounts. .

Bleaching Instructions

- Use the included shade guide to take an initial shade of your teeth.
- Place a pea sized amount of bleach in each tooth well on your custom tray. You will probably not need to put it in the very back couple of molars.
- Brush teeth, then insert tray. Lightly tap tray to adapt tray sides to teeth. Remove excess gel with clean finger or soft toothbrush.
- Wear tray all night. Alternatively you can bleach during the day by wearing the tray for 4-6 hours.
- Remove tray and brush your teeth. Clean out tray with soft toothbrush and tap water. Store tray in case when not in use.
- Continue to bleach your teeth for 14 consecutive days. It is okay to skip a day on occasion to reduce sensitivity or if you are unable to use it for the day.
- Take a shade again to determine how many shades whiter your teeth are.
- How white your teeth can get varies from person to person. Bleaching should last 1-2 years depending on the types of food you eat.
- If you experience any problems or have further questions, please call our office at 262-728-9330 or visit www.delavandentistry.com