



Congratulations on your new custom bleaching trays!

Bleaching your teeth is a wonderful way to improve your smile. The first day we deliver your trays the assistant/Hygienist will show you how to add the bleach in your trays. A small thin bead line of material should be expressed into the trays. The first day we recommend wearing your trays for 10 minutes with the bleaching material. The second day, wear your trays for 15 minutes. The third day, wear your trays for 20 minutes.

Sensitivity: Sometimes sensitivity can be associated with bleaching of your teeth. We recommend fluoridated toothpaste or an additional fluoride varnish to decrease the sensitivity. As you are acclimating to the bleach trays if you find out that you can wear them 10 minutes with no sensitivity then only wear them 10 minutes. If your sensitivity is too much for you please call the office to set up an appointment.

Care of your trays: Your bleach trays will accumulate bleach material. We recommend that you use a mild detergent and a tooth brush to clean the trays out daily.

Desired Whitening: You may wear your bleach trays every night or every other night until you reach your desired whitening.