

## **Bleach Trays**

Please follow these instructions for care and use of your custom bleach trays

- Brush and floss teeth to remove surface and inter-proximal debris
- Carefully place a small amount of gel into the bleaching tray
- Place tray in mouth
- Expectorate (spit) any excess gel that squeezes out of tray. A Q-tip can be used to remove excess from gum tissue
  - If too much/too little gel is used, adjust accordingly for next use
  - Leave trays in for instructed amount of time
- Bleach only 1 time per day, leave trays in for appx 1 hour. Most patients reach their desired shade in appx 10-12 days
- Avoid the following while bleach trays are in the mouth:
  - Eating or drinking
  - Smoking
  - Not intended for use while sleeping
- Avoid eating, drinking, smoking for at least 1 hour after bleaching
  - The teeth become porous after bleaching and any colorful foods or drinks can stain the teeth, defeating the purpose of the bleaching session
- Be sure to rinse the trays after each used and allow trays to air dry; store in case provided. Keep out of reach from pets, as they are attractive to pets at toys
- Some people experience temperature sensitivity after bleaching. This is only temporary and can be relieved with over-the-counter desensitizing pastes (Sensodyne)
  - If sensitivity persists, MI fluoride paste is available for purchase at our office

Should you have any concerns about bleaching, please do not hesitate to call our office at (815) 725-5991