

Instructions for BLEACH TRAYS

1. **TOOTH SENSITIVITY** – During the bleaching process, tooth sensitivity may occur. It is usually mild if your teeth are not normally sensitive. This sensitivity will usually subside in a few days.
2. **GUM IRRITATION** – Temporary inflammation of your gums may occur.
3. **EXPOSED ROOT SURFACES (RECESSION)** – If you have gingival recession where the root surfaces of your teeth are exposed, you will likely notice that these areas are sensitive to hot and cold temperatures. These areas would likely to become more sensitive during the whitening process. If this occurs, please make sure that you let Dr. Butler know immediately.
4. **FILLINGS/DENTAL RESTORATIONS** – Tooth colored restorations may not lighten evenly with your teeth.
5. **PATIENT COOPERATION** – This may be the single most important factor affecting treatment. Lack of cooperation may adversely affect the quality of the results. We recommend you **do not use any tobacco products or eat any of the following:** chocolate, tomato based sauces, coffee, cola, tea, red wine, blueberries, strawberries, beets or anything that would stain your clothes.
6. **LEVEL OF LIGHTENING** – Success rate for teeth whitening is very high, but there is no way to totally predict the exact shade your teeth will lighten to. We will work diligently with you to arrive at an acceptable level of whiteness.
7. **“RELAPSE”** – Following completion of bleaching, there may be a very gradual tendency for your teeth to return to a darker color. This depends greatly on your oral habits such as smoking, tea and coffee usage, and eating certain staining foods. To prevent re-staining from occurring, brush your teeth after performing such habits and you may choose to use a little of your whitening gel once a month.

**Please follow these home care instructions carefully and
call the office at (910) 799-9916 if you have any questions or concerns**

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Suite 202
Wilmington, NC 28412
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PATIENT INSTRUCTIONS



Follow your dentist's instructions on how to load gel into your custom bleaching tray. Use no more than 1/3 to 1/2 of syringe.



Brush teeth, then insert tray. Lightly tap tray to adapt tray sides to teeth. **Opalescence 35%:** Remove tray from mouth after 30 minutes.



Remove excess gel with clean finger or soft toothbrush. **Rinse twice; do not swallow rinses.**



If significant sensitivity occurs, stop treatment and consult dentist.



Clean tray with soft brush and cool tap water. Store tray in case provided.



Nonvital Bleaching: Irrigate opening as instructed by dentist. Place gel into lingual access and tray.

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