



GP Dental

excellence in dental care

AT HOME BLEACHING INSTRUCTIONS

How to use the bleach and trays:

1. Use only a small amount of bleach. You should only use a maximum of half of the bleaching syringe per application.
2. Apply a small dot of bleach in the centre of each tooth as it corresponds on the tray. You generally only need to bleach the 10 most forward teeth of the upper and lower jaws, as they are the most visible.
3. Insert the trays after you have brushed your teeth for a period of 30-60 minutes. Remove excess bleach expressed onto the gums once you have seated the trays.
4. When you remove the trays, brush your teeth as normal and lightly clean the bleaching trays with your tooth brush to remove the residual bleach. **Do not rinse with warm/hot water** as the trays will distort. Store the trays in the container provided.

What to expect while bleaching:

- Your teeth will gradually become lighter, a process which occurs over 2 weeks. You may discontinue bleaching at any time when you are happy with the shade of your teeth.
- Sensitivity is commonly experienced as a result of bleaching. You may wish to switch to a sensitive tooth paste during this time. Your dentist may also provide you with a desensitising agent called Tooth Mousse to use while bleaching. If the sensitivity is bothersome, place a tooth paste-sized amount of Tooth Mousse onto your finger and smear directly over your teeth. Spit out the excess but do not rinse out. Do this before bed on alternate days while bleaching i.e. only use the bleach every second night over 4 weeks. Continue to use the tooth mousse in this manner for 2 weeks following bleaching. The sensitivity is temporary and will subside shortly following the bleaching process. **Do not use Tooth Mousse if you have a milk protein allergy.**
- For best results, stick to a “white diet” for the week following bleaching i.e. avoid foods, drinks and habits that are known to stain the teeth (e.g. curries, dark sauces, red wine, tea/coffee and smoking).
- Bleaching is not a permanent procedure. A mini-course (3-7 days of bleaching) may be required every 12-24 months depending on individual diet, lifestyle and hygiene factors. Keep your trays in a safe place and contact your dentist when you require more bleach.

If you have any questions or concerns please contact our practice.

Enjoy your new smile!

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