



Patient Instructions – DEEP BLEACH TECHNIQUE

Follow these instructions carefully to ensure the successful bleaching of your teeth.

Directions:

- **Brush teeth** prior to bleaching.
- **On the first TWO NIGHTS** of bleaching apply desensitizer to the entire tooth surface, including around the gum line. Hold your lip away from your teeth while applying and allow drying for 30 seconds.
- **Squeeze a dab of bleach gel** into each reservoir towards the front of each tooth, except the last molars.
- **After you put the tray in**, gently push the tray back against the teeth to create a seal at the gum line.
- **If you have put too much bleach** in the tray you will notice the gel oozing out from under the tray. Dab the excess with a tissue and next time use a little less gel.
- **You will start this process** before you go to bed. You will need to wear your trays all night while sleeping only.
- **The morning after bleaching**, remove the trays, rinse mouth with water, and brush your teeth to remove excess gel. Then apply desensitizer as inducted above. (You will apply the desensitizer EVERY MORNING after bleaching.)
- **Rinse trays with cold water** and allow drying in case before next use.

What to Expect:

- **You may have slight gum sensitivity** from wearing the trays.
- **You may notice the area at the gum line** to appear darker than the rest of your tooth, this is normal it should all even out during the week or two of bleaching.
- **Your lower teeth may not lighten** as fast as your upper teeth, this is because the lower teeth are smaller and the enamel is thinner.
- **Call the office** if you have than slight sensitivity.

Things you need to know:

- **The bleaching gel s heat sensitive.** The bleach MUST stay in the refrigerator.
- **If possible do not skip** nights when bleaching, as this will slow down the process.
- **When not wearing your trays** make sure you keep them in the case provided, to keep them from being lost or eaten by you pets.