

BROADWAY DENTAL CARE

Tooth Whitening Instructions

- ☞ Clean trays thoroughly with soap and water to ensure that they are clean.
- ☞ Clean teeth with water, tooth brush and floss prior to treatment. Do not use toothpaste. The bleach works better if it is in contact with clean teeth rather than plaque or buildup.
- ☞ Place small drops of the bleach into the trays, Use only about $\frac{1}{4}$ of the syringe for both the upper and lower arch.
- ☞ Insert trays and press them firmly against the teeth. Remove any excess bleach with a clean finger or soft toothbrush. Do not allow the excess bleach to sit on the gums. It may cause them to become sore.
- ☞ Allow the bleach to sit on the teeth 30 minutes to 4 hours. (DO NOT SLEEP WITH THE BLEACH ON YOUR TEETH)
- ☞ After 30 minutes to 4 hours of treatment, remove trays and clean your teeth with lots of toothpaste. Make sure to rinse your mouth out well and do not swallow the bleach. (Teeth may feel gritty from the bleaching agent. This will go away in just a few minutes)
- ☞ Using your tooth brush to clean the bleach trays of any left over bleach. You do not want to mix new bleach with old bleach.
- ☞ Repeat treatment every other day until desired results are reached. This may take 2-3 weeks to reach the desired results.

Discontinue use if you occur a significant amount of sensitivity or if you have any type of an allergic reaction, and contact the office.

Extra Bleach may be used for touch ups every 2-6 months and can be purchased through our office.

Precautions:

1. Do not use household bleach to whiten your teeth
2. Do not use if you are pregnant or lactating
3. Keep gel out of heat/sunlight. Do not freeze bleach
4. Tooth fillings and crowns do not respond to bleaching
5. Food and juices high in acid may cause sensitivity
6. If you have any questions about treatment, please call us at (503)595-KIND
7. Do not use tobacco products, eat or drink while bleaching

Please contact the office if you have any questions or concerns

If your friends wonder why you are smiling so much, tell them about us. It would be our pleasure

To help them improve their smiles, too! ☞

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