

# **Massari-Wilson Family Dentistry**

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## **BLEACHING TRAYS INSTRUCTIONS**

Congratulations on your decision to enhance your smile through bleaching. The following instructions for the use of your new bleaching trays/kit are as follows:

1. First you need to use an at home fluoride treatment for at least a one week period before you begin bleaching. Research has shown that this significantly reduces the incidence and severity of tooth sensitivity once you begin bleaching.
2. When you receive your bleaching trays, we will show you how to load the bleaching material in the tray and lace the tray in your mouth. It is important that the bleaching material not stay on your gum tissue. To remove excess bleaching material use a tissue or cotton roll/ball.
3. The first time you bleach, we recommend that you leave the tray in place for only 30 minutes. After removing the tray, floss and brush your teeth to remove any remaining bleaching material.
4. If your teeth are not sensitive the following day, leave the bleaching tray in place for 45 minutes. On the third day of bleaching if your teeth are not sensitive, leave the bleaching tray in for 60 minutes. Research has shown that the bleaching material is 98% effective in the first hour. At this point, you may choose to leave the tray in overnight.
5. If at any time during the process your teeth become sensitive, stop bleaching and resume using the at home fluoride treatment until the sensitivity has stopped. Once the sensitivity is gone, you may begin bleaching again starting with 30 minutes and increasing time length daily.

We are sure you will be pleased with the results. Should you have any questions along the way, please feel free to call and speak with any one of our trained staff.