



## Bleaching Instructions

- If you are concerned about sensitivity, put fluoride toothpaste in your trays and sleep in them for 1-3 nights.
- When you are ready to start bleaching, each Opalescence syringe should last 6 bleaching sessions for both the top and the bottom.
- Add a very small dot of bleach inside of the tray for each tooth; ensuring all teeth in the 'Smile Zone' are covered. If too much bleach is used, the bleach will overflow out of the tray when putting the trays in. If this happens, quickly wipe off the excess bleach as it will irritate your gums.
- Overfilling the trays with bleaching solution will only waste bleach. Only 70% of the tooth needs to be covered by bleach. Teeth absorb the bleach and will bleach internally.
- Always brush and floss teeth before and after bleaching. After bleaching, also make sure to brush trays. To keep trays in good condition, trays should soak in a cup of hydrogen peroxide.
- For at least one hour after bleaching, stay away from anything that might stain teeth. For example: coffee, red wine, dark pop, grape jelly, etc.
- Bleaching may make teeth sensitive. This is completely normal! You can take Advil as needed to help with sensitivity. Please note that the sensitivity is not permanent and should not last more than a day or two.
- It is recommended that you start bleaching once every other day. Patients that experience no sensitivity can bleach everyday for quicker results.
- To decrease sensitivity, you can put fluoride toothpaste in your trays and sleep in them for 1-3 nights. You can also reduce bleaching time. Instead of bleaching for 30 minutes, patients may try to bleach for 10-25 minutes and see if sensitivity is reduced.
- Please note that patients are to bleach to their satisfaction. It is ok to stop bleaching and start when patients feel it is needed again.
- Timing Chart:
  - Opalescence 10% for 8-10 hours or overnight
  - Opalescence 15% for 4-6 hours
  - Opalescence 20% for 2-4 hours
  - Opalescence 35% for thirty minutes
  - Opalescence 45% for 15-20 minutes