



Dr. Robert D. Sullivan Dentist

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Bleaching Instructions

- Brush and floss before inserting trays. Place one or two dabs of bleaching gel on the internal facial side of the tray only where you want to bleach.
- Wipe any excess bleach away from gum tissue after inserting trays. This bleach can cause irritation if allowed to remain on gums. Reduce the amount of bleach you use next time if you are wiping excessive bleach away. You should fill the area with enough bleach to **slightly** overflow the tray. This will make sure you are covering the whole facial side of each tooth you want to bleach.
- Trays can be worn for two to eight hours during the day. You can bleach while you sleep only if you have been instructed that this is OK.
- Do not eat or drink or use tobacco products while wearing trays. Wait 30 minutes after treatment before eating or drinking. Avoid staining drinks (coffee, tea, sodas, red wine) during the two week treatment.
- Brush teeth and trays after each treatment. Store trays in the box provided. Clean trays with mild soap and water. Do not place trays near heat.
- Refrigerate bleach to maintain shelf life. Keep bleach out of direct sunlight and heat. Do not leave bleach in an automobile on a warm day.
- Sensitivity to cold can occur. You may reduce this by bleaching every other day or every third day. If you continue to experience sensitivity, contact your dentist. We offer a desensitizing product you may purchase if needed.
- Do not bleach while pregnant or lactating.
- Return to the dentist after you have bleached for three weeks to measure the amount of whitening you have achieved.