

# BLEACHING INSTRUCTIONS

1. Wear tray at night
2. Apply small amount to inner wall of tooth mold in tray
3. Try to get as much from each syringe as possible, thin even layer is all that is required
4. Seat tray and wipe off excess from gums
5. When awake, remove tray and rinse mouth
6. Rinse tray, and store dry

SENSITIVITY: If experiencing sensitivity, do one of the following:

1. Skip a night or two, and start again
2. Brush with a desensitizing toothpaste, like Sensodyne
3. Put a desensitizing material (Ultra EZ available from Dr. Kenmuir) in the tray for 10-30 min. in the morning & evening before bleaching, as needed or on alternating nights instead of bleaching

NEXT APPOINTMENT:

- Will be scheduled at 2 - 4 weeks after receiving material to evaluate colour change, discuss concerns and offer advice on progress of treatment

Call for FINAL BLEACHING APPOINTMENT when:

1. Teeth colour is as you want
2. Out of bleaching material
3. Questions or concerns (tray, teeth, gums, etc.) will be addressed, final photos will be taken

ADDITIONAL APPOINTMENTS for darker discolorations:

- 3 visits made at 8-12 week intervals for up to 1 year for reevaluation, advice, and additional supplies

REFRESHER VISITS (additional charge):

1. Made at any time after Final Bleaching appointment. May not need any for 1-3 years
2. Re-evaluation of shade, additional dental concerns evaluated, necessity of new trays and additional material will be assessed