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## CUSTOM TAKE HOME BLEACH TRAYS

- Bleaching solution is available in two strengths; 20% and 30% carbamide peroxide. Both strengths are equally effective. The 20% solution is designed for those who naturally have more sensitive teeth and may take a little bit longer to achieve desired whiteness.
- To use trays and solution: place one small drop of solution in each tooth space on trays. **DO NOT** overfill! Too much solution will seep out onto gums and cause tenderness. If any over flow does occur, wipe solution off gums right away.
- Initial treatment: wear the trays for 1/2 hour each day for the first 2 weeks. This should get you to the desired whiteness. Keep in mind that teeth can only get so white and it will vary from patient to patient.
- We are providing you with prescription strength fluoride toothpaste to use during treatment. This will help alleviate/prevent any sensitivity that you may encounter.
- If sensitivity does occur, you can lessen the amount of time that the trays are in or put a day in between each treatment. Keep in mind that it may take more than 2 weeks if this is necessary.
- Once initial treatment is done, keep the trays in a safe spot and put any remaining bleach solution in the refrigerator. If kept cold, the solution will stay good until you have used it all.
- Teeth will continue to stain with daily coffee, tea, nicotine, etc... Trays can be used as often as needed after initial treatment to maintain desired whiteness.
- Once solution runs out, come back into our office to purchase more solution \$10 for 20% and \$15 for 30%.

- Helpful tips:

~When using the syringe, pull back on the plunger to remove excess solution from the tip so it doesn't dry. Replace the cap and hold onto the tip, this will keep the solution fresh.

~If you have any crowns, the porcelain will not bleach so you don't have to put solution in those teeth spots if you choose.

~If you want faster results and you have not had any sensitivity issues, you can wear the trays for 1/2 hour, take them out and rinse out all the solution then put fresh solution in and wear them for another treatment. **DON'T** use the same solution for longer than 1/2 hour as more sensitivity can occur.

~Brushing your teeth prior to treatment will ensure more even bleaching.

Once treatment is done, rinse the solution out of the trays and your mouth but wait to brush for at least 4 hours. This will allow the normal pH to return to the enamel.