

Promenade Complete Dental Center

19340 Promenade Dr.

Leesburg, VA 20176

571-333-8558

info@promenadedentalva.com

Whitening Instructions

- 1) Before you start, be sure you brush and floss thoroughly; teeth will not bleach properly if they are not clean.
- 2) Make sure your tray is clean and dry before applying the bleach material. All you need is about ¼ a tube per application. Apply the gel to the inside of the tray that faces your lips and cheeks.
- 3) Take a clean washcloth and gently dry your teeth. After your teeth are dry, place the tray over your teeth. Some of the material may ooze out the top, meaning you may have put too much gel in your bleach tray. If any gel should escape out of the top, take the clean washcloth or toothbrush and carefully wipe the excess away.
- 4) You have now begun the whitening process. While the tray is in place do not smoke, eat or drink. For this reason we recommend that you wear the bleach tray at night. The best time is when you are sleeping because saliva flow is lower and will reduce the chance of the gel being washed out. However, some patients prefer not to wear it at night, so any 4 hour period is fine.
- 5) When you awake in the morning, remove the tray and rinse your mouth. Brush your tray with your toothbrush and then put toothpaste on your brush and brush your teeth. Store your tray dry in your case until the next night.
- 6) Please note that every person and every tooth is different. Results may vary from person to person. What may take one person four or five days to achieve optimum results; it may take another person four or eight weeks.
- 7) It has been noted in some people that tooth sensitivity may occur as a result of the gel. Although slight sensitivity is considered normal, bleaching should be put off for a day or so until the teeth are feeling back to normal. If the sensitivity persists for more than a few days, call the office and we will call in a prescription for fluoride.
- 8) After you have achieved your whitening goal, store any left over tubes in the refrigerator to increase the shelf life of the gel. Store your bleach guard in water to keep moist until you decide to “freshen up” your new smile. This may be weeks, months, or even years depending on your habits.
- 9) If you run out of bleach, or just want to “touch up”, tubes can be purchased at the office.

Any questions or comments please feel free to call us.