



**BENT CREEK
DENTAL**

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Home Bleaching Review

- 1. Brush and floss your teeth before placement of the tray. Rinse well.**
- 2. Place very small amount of bleaching gel in the tray at each tooth position to be bleached.**
- 3. Place the tray firmly over your teeth. Use your finger or tissue to wipe excess gel from your gums. Keep in your mouth for a minimum of 30 minutes for maximum results.**
- 4. Clean tray with soft brush and cool tap water. Store in case provided.**
- 5. Keep tray and gel out of heat/sunlight.**
- 6. Keep refrigerated for best shelf life; take out 5 minutes before use.**
- 7. Do Not Freeze**

Sensitivity while bleaching your teeth is normal. If significant sensitivity occurs, stop treatment and resume a few days later. Sensitivity should subside if not using. If this continues, we have a prescription fluoride toothpaste for sensitive teeth available to purchase in our office or pharmacy. Your gum tissue may react to the bleaching gel. If it does, simply decrease the amount of bleaching gel in the tray, or return to the office so we can trim the appliance in order to reduce the amount of bleaching gel in contact with your gum tissue.

PRECAUTIONS:

- Foods and juices high in acid may cause sensitivity.**
- Do not use tobacco products, eat or drink while bleaching.**
- Do not use tobacco products, or drink red wines, dark juices, coffee, tea, cola products and including dark sodas immediately after bleaching.**
- Drink dark juices, coffee, tea, dark soda, colas through a straw whenever possible.**

It is best to apply after brushing your teeth before you go to bed. This will avoid precautions mentioned above. If you have any questions about this treatment, please give us a call at 334-758-8000.