

Bleaching Instructions for 10%CP tray bleaching to minimize sensitivity

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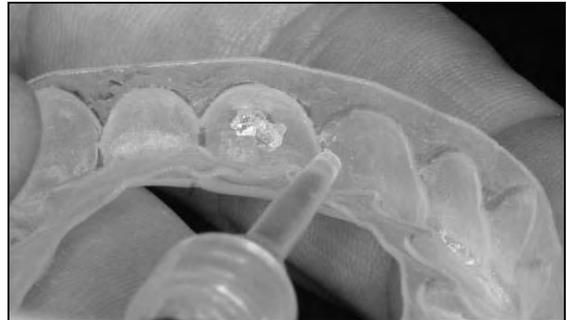
I. INSTRUCTIONS: PRE-BLEACHING TREATMENT

(NOTE: do not initiate bleaching immediately after a cleaning; wait two weeks)

1. Beginning two weeks before initiating bleaching, brush teeth normally with desensitizing toothpaste containing fluoride and potassium nitrate 5% (Sensodyne, Crest, Colgate, etc.) using a soft toothbrush and gentle technique.
2. After a few days of brushing, wear the bleaching tray alone for 1-2 nights, or 2-4 hours a day, until comfortable with empty tray in mouth.
3. After wearing the tray a few cycles empty, place the desensitizing toothpaste which is being used for brushing (ideally a toothpaste without SLS) in the tray and wear at night or during the day for a few more cycles.

II. INSTRUCTIONS: BLEACHING

1. When ready to initiate bleaching, continue brushing teeth normally with desensitizing toothpaste containing fluoride and potassium nitrate 5% (Sensodyne, Crest, Colgate, etc.) during bleaching.
2. After being comfortable wearing tray alone or with toothpaste overnight, place the 10% CP bleaching material in the tray instead of the toothpaste.
3. Apply a small amount to the inner wall of tooth mold in tray.
4. Seat the tray and wipe off excess from gums. Swallowing a small amount of material is OK.
5. After an all-night treatment (which is best) or after 2-4 hours during the day, remove tray and rinse mouth with room temperature water. The tray is best removed by grasping on one side at the back and peeling the tray from the teeth.
6. Rinse tray under room temperature water, and store dry at room temperature in the case provided.
7. Wait 30 minutes before brushing teeth.
8. Avoid acidic drinks, such as cola, fruit juices, white wine, and yogurt.
9. Repeat the cycle daily until teeth reach desired endpoint, or no change is seen for at least a week.
10. Expect a slight relapse after termination of bleaching as the oxygen escapes from the teeth.



III. SENSITIVITY: If have sensitivity after bleaching begins, do some of the following:

1. Skip a night/day or two of bleaching, and start again.
2. Change from night wear to day wear. if already doing day wear, reduce time.
3. Put a desensitizing material (Either the previous toothpaste used if no gingival irritation, or material such as Ultra EZ from dentist,) in the tray for 10-30 minutes in place of the bleaching material when needed. This could be before bleaching, after bleaching, or other times.
4. Alternate wear times of tray, with desensitizing material in one time period, and bleaching material the next.

IV. RECORDS (If requested):

1. Keep up with number of hours worn in LOG FORM ($\frac{1}{2}$ hr increments), as well as numbering the syringes, and comments as to color change and side effects.
2. Note in the log if skip a day, or forget to treat, and why.
3. Try to get as many nights from each bleaching syringe as possible (2-5 nights). Count syringes on the log form to determine weekly needs.

V. NEXT APPOINTMENT: Call for 1 hr. appointment when

1. Teeth color is as you want (matches whites of eyes). Expect a slight relapse in color immediately after bleaching as oxygen escapes from teeth.
2. Need more bleaching material and not completed bleaching. Refill kits are available for extended bleaching times with stubborn stains (nicotine, tetracycline, etc.).
3. Questions or concerns (tray issues, teeth, gums, etc.).

VI. BLEACHING THE OTHER ARCH (Best to do one arch at a time for comparison of progress, less tooth sensitivity, and impact on bite)

1. If desired, the patient may chose to bleach the other arch at this time.
2. If both arches need to be bleached quickly, start with the maxillary for 1-2 weeks, then begin with the mandibular arch.
3. There is no need for a "white diet" of non-staining foods, but teeth that are whiter will appear to stain quicker due to the contrast in color.
4. If use of staining foods or materials is continued, the teeth will need to be re-bleached sooner.
5. Generally, touch-up takes about one night per initial week of treatment. Durations could be 1-10 years after initial treatment.