

Single Tooth Bleaching Instructions: Tray Bleaching with Carbamide Peroxide

VBH2013

I. INSTRUCTIONS:

1. Wear the tray at night. If worn during the day, wear for 2-4 hours minimum.
2. Apply a small amount to inner wall of the single tooth mold in tray, which is between the two cut-out teeth.
3. Seat tray and wipe off excess from gums and from the adjacent teeth. Swallowing a small amount of material will not harm you.
4. When awake, remove tray and rinse mouth. To remove, peel tray from back of mouth on one side.
5. Rinse tray under room temperature water, and store dry at room temperature in the case provided.
6. Wait 30 minutes before brushing teeth



II. RECORDS (may not always use):

1. Keep up with number of hours worn in LOG FORM (in ½ hr increments), as well as numbering the syringes, and comments as to color change and side effects.
2. Note in LOG FORM if skip a day, or forget to treat, and why.
3. Try to get as many nights from each bleaching syringe as possible. Count syringes on the log form to determine weekly needs for extended treatment.

III. SENSITIVITY: If have sensitivity, do one or more of the following:

1. Skip a night or two, and start again.
2. Brush with a desensitizing toothpaste containing 5% potassium nitrate and fluoride, like Sensodyne ProNamel, Colgate, Crest, etc..
3. Put a desensitizing material in the tray for 10-30 minutes in place of the bleaching material when needed. Use either the previous toothpaste used if no gingival irritation, or material such as Ultra EZ from dentist.

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

1. Tooth color is as light as you want (matches or lighter than adjacent teeth). Expect a slight relapse in color immediately after bleaching as oxygen escapes from tooth.
2. Need more bleaching material and not completed bleaching. Refill kits are available for extended bleaching times with stubborn stains. Generally takes 8 weeks treatment.
3. Questions or concerns (tray issues, teeth, gums, etc.).