

## Bleaching Instructions: Tray Bleaching with Carbamide Peroxide

VBH2016

### I. INSTRUCTIONS (treat one arch at a time for progress comparison, occlusion and sensitivity):

1. Wear the tray at night. Material is active 6-10 hours. If worn during the day, wear for 2-4 hours minimum.
2. Apply a small amount to inner wall of tooth mold in tray.
3. Seat tray and wipe off excess from gums. Swallowing a small amount of material is OK.
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 (If requested, usually for difficult situations):

1. If requested, 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. Get as many nights from each bleaching syringe as possible (2-5 nights). Count syringes on the log form to determine weekly needs for extended treatment (Nicotine, Tetracycline, etc.).

### III. SENSITIVITY: Wait two weeks after a cleaning to start bleaching. If have sensitivity during bleaching, do one or more of the following:

1. Skip a night or two, and start again.
2. Brush with a desensitizing toothpaste, like Sensodyne, Colgate, Crest, containing 5% potassium nitrate and fluoride. ProNamel is gluten free with no SLS.
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.

### IV. 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. The other arch may be begun now.
2. Need more bleaching material and not completed bleaching. Refill kits are available for extended bleaching times with stubborn stains.
3. Questions or concerns (tray issues on fit or bite, teeth changes, gum irritation, etc.).