**AT HOME BLEACHING INSTRUCTIONS**

**How to use the bleach and trays:**

1. Floss and brush your teeth so they are clean prior to carrying out the process.
2. Use only a small amount of bleach. You should only use a maximum of half of the bleaching syringe per application.
3. Apply a small dot of bleach in the centre of each tooth as it corresponds on the tray. You generally only need to bleach the 10 most forward teeth of the upper and lower jaws, as they are the most visible.
4. Insert the trays after you have brushed your teeth for a period of 30-60 minutes. Remove excess bleach expressed onto the gums once you have seated the trays.
5. After whitening, rinse the trays in **cold** water. Warm/hot water will distort the tray. Store the trays in the container provided.
6. Brush and rinse your teeth to remove excess gel.
	1. If we have prescribed Tooth Mousse, then apply this in the tray and place it in your mouth for another 30 minutes.
	2. After this, do not brush or rinse your teeth, but leave it coating them.
	3. Rinse the trays in cold water, place them in their storage case.

**What to expect while bleaching:**

* Your teeth will gradually become lighter, a process which occurs over 2 weeks. You may discontinue bleaching at any time when you are happy with the shade of your teeth.
* Sensitivity is commonly experienced as a result of bleaching. You may wish to switch to a sensitive toothpaste during this time. If the sensitivity is bothersome, try whitening every second night. You could also place a toothpaste-sized amount of Tooth Mousse onto your finger and smear directly over your teeth. Spit out the excess but do not rinse out. Do this before bed. Continue to use tooth mousse in this manner for 2 weeks following bleaching. The sensitivity is temporary and will subside shortly following the bleaching process. Please note that **Tooth Mousse contains milk**.
* For best results, stick to a “white diet” for the week following bleaching i.e. avoid foods, drinks and habits that are known to stain the teeth (e.g. curries, dark sauces, red wine, tea/coffee and smoking).
* Bleaching is not a permanent procedure. A mini-course (3-7 days of bleaching) may be required every 12-24 months depending on individual diet, lifestyle and hygiene factors. Keep your trays in a safe place and contact your dentist when you require more bleach.

If you have any questions or concerns, please contact our practice on 8557 6565.

Enjoy your new smile! 😊

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