

Eggert Family Dentistry

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Bleaching Care Instructions

Use your bleaching trays as directed at our office. For custom trays, use a small amount of bleach in each tooth well and place the trays in the mouth. For Tres White trays, place the plastic tray in your mouth and use a suction/swallowing motion to get the white strip to adhere to the teeth surfaces. Whenever placing bleaching trays, seat trays or strips fully on teeth and then lightly press toward the gum tissue to exude excess bleach. Remove excess bleach from the gum tissue with your finger and then wash your hands.

For best results, keep bleaching trays in for a minimum of 30 minutes. Trays can be worn overnight if teeth aren't too sensitive. Bleach for 10 days to 3 weeks until desired results are obtained. After your initial round of bleaching, touching up the teeth a few times a year for a few days at a time will keep your teeth looking fresh and white. Additional bleach can be purchased at our office in a 4-syringe refill kit for use in your custom trays. Store any unused bleach in the refrigerator to obtain the longest shelf life.

Avoid tooth staining substances like coffee, tea, dark soda, red wine, red or dark sauces, and tobacco products for at least two hours after bleaching.

If your teeth become sensitive, rinse with an over-the-counter fluoride rinse, like ACT, before and after bleaching. You can also alternate days that you bleach, giving your teeth time to rest.

If you had an in-office whitening procedure, use an over-the-counter pain medicine like ibuprofen or Tylenol to relieve any tooth discomfort for 1-2 days. Rinse with warm salt water rinses for 3-5 days to relieve gum irritation.

If sensitivity persists or becomes intense, call our office at 651-482-8412, as there may be another issue.