

Directions for Bleaching with At-Home Trays

Just before sleep, take 2 Aleve tablets (Naproxen Sodium). Aleve is an over-the-counter medication similar to Advil (Ibuprofen), but lasts seven hours. Advil works well also, but does not last as long for over-night bleaching. Aleve and Advil are great anti-inflammatory medicines and important to control the potential for inflammation and soreness. Bleaching often causes short term cold sensitivity.

Brush your teeth immediately before each bleaching session with Rembrandt Plus Toothpaste. If you have sensitivity to the bleaching use Rembrandt for Sensitive Teeth Toothpaste.

Start bleaching immediately before sleep. If you usually lie in bed watching TV before sleep, wait until you are ready to sleep before using your bleaching trays.

Squeeze a dab of bleaching gel into each reservoir on the inner side of the outer walls of the trays (except in the very last molars). The gel is thick and the trays are flexible, so the gel will cause the outer rim of the tray to be pushed away from the gum line. After you put the tray in you'll need to firmly push the tray back against the teeth to establish the seal of the tray at the gum line- **THIS IS VERY IMPORTANT.**

If you put too much gel in the tray, you'll notice a significant amount of gel oozing out from under the edge of the tray. Take a Q-tip and remove the excess, and next time use a little less gel. If you've put in too little gel, you will see through the clear tray some large open voids (little bubbles are ok) in the reservoirs not entirely filled with gel. If you see this, do NOT remove the tray. There is plenty of gel in the reservoirs to start your bleaching, but next time use a little more gel.

In the morning, after removing the trays, rinse your mouth with luke-warm water. Clean the trays with Q-tips under COOL water.

During the 2 weeks of at-home bleaching, stay away from staining foods and drinks. Any food or beverage which would permanently stain a white shirt or blouse could also stain your teeth. If possible, when drinking a staining beverage, it may help to keep the beverage off the outer surface of the teeth by carefully drinking through a straw. Smoking should also be held to the very minimum during the bleaching process.

DO NOT skip nights when bleaching. This slows down the whitening process.

Store your bleaching trays safely. Keep them in the case provided. Keep them away from heat – heat will distort them. Don't leave them in the hot car. Don't put or wash them in warm or hot water. Keep them away from your dog. Dogs seem to think that bleaching trays are chew toys. **MOST IMPORTANTLY**, place the trays carefully in the case. When you shake the case, you should feel that the trays are loose in the case. If they are not, and they are being bent inside the case, this will distort the trays.