

## **Bleaching Teeth Outside of the Dental Office**

Hydrogen peroxide has been used for many years to bleach teeth. In the past, application of hydrogen peroxide was usually accompanied with heat and/or light. Recently peroxide has been applied to teeth in trays at home supervised by patients. This technique does not require heat or light. Although, the results of the procedure do not appear to be different from more traditional techniques, a few potential reversible negative events are described below. Occasionally bleach applications may be necessary in the future to maintain the desired results.

### **Patient Instructions**

1. Before bleaching, brush and floss teeth. Rinse mouth well.
2. Place 1 teardrop of bleaching gel into each space in the tray for every tooth to be lightened.
3. Insert tray into mouth over teeth, expectorate excess gel, and wear the loaded tray for one half hour. Repeat step 2 for one half more hour, if desired. Maximum of one hour.
4. Rinse trays.
5. Discontinue bleaching if tooth sensitivity, gum irritation, or any other negative event occurs. Notify us of the problem immediately.

The average time for optimum color change to occur is six weeks, although effects may be noticed as early as two weeks. Observation appointments are necessary every 7-10 days to check the progress of the bleaching.

**I have read and understand the above directions and cautions:**

Signed \_\_\_\_\_ Dated \_\_\_\_\_