

ANGWIN DENTAL

FAMILY DENTAL CARE

www.angwindental.com

(707) 965-2479

BLEACHING INSTRUCTIONS

Use 1/3 to 1/2 of syringe for each tray.

Squirt small size amount in tray that will cover front of teeth only. Avoid tongue and chewing side of the teeth. Only bleach what you can see in the mirror. Wear tray once a day for 4 days or until desired whitening is achieved.

Keep unused bleach in refrigerator. Let bleach get to room temperature before putting into trays.

Bleach is active 4-6 hours for 15 % and 2-4 hours for 20%; the first hour being the strongest and the last hour being the weakest. Your teeth may be sensitive for a few days.

Clean tray after each use with dish soap.

Avoid coffee, red wine, tea, soda or any beverage that may cause staining while bleaching. Teeth will be porous. Wait 2 days before drinking any staining beverage.

If after you have completed your treatment you are not satisfied, come in and we will issue you more bleach. You may call the dental assistant at the office if you have any questions during your bleaching treatment.