

Congratulations on starting your Deep Bleaching.

In-Office Bleaching Instructions

Your first visit will consist of impressions for your bleaching trays and the start of our in-office procedure. It will last about 45 minutes and jump start the bleaching process. We will be applying gel to your teeth that will condition your teeth for the take-home session. This conditioning is comfortable and generally does not leave any post-op discomfort. We recommend you take extra-strength Tylenol or Advil 1 hour before the procedure to minimize sensitivity.

Your tray will be ready for pick-up shortly after this appointment.

You may want to apply the desensitizer in the trays the night of the procedure. The following night, you will begin your take-home segment of the bleaching. It is extremely important to follow the directions below exactly.

Take-Home Bleaching Instructions

1. Load inside of tray (inside the outer edge of tray) with small dab of gel on every tooth surface. Do not overfill the tray with gel; this will only waste a lot of gel.
2. Place tray in mouth and lightly pat the outside of tray to allow bleach to cover tooth surfaces and trays to hug the teeth.
3. Remove excess gel on gum tissue gently with Q-tip.
4. Do not rinse spit or create suction; this may cause the gel to wash out.
5. Wear them for the night while you sleep.
6. Remove tray and rinse with cold water. You may brush trays gentle to remove all gel. Store in a room temperature area on tray case without any pressure on them.
7. Continue this for 2 weeks using the desensitizer as needed.

After 2 weeks, the 2nd in-office procedure will be completed. This procedure is similar to first in-office procedure, however not as long.

Here's where your Deep Bleaching produces fantastic results. As always, if any problems or extreme sensitivity occur, please don't hesitate to call our office or @ www.watson-dental.com.

Dr. Tom Watson

