

PATIENT BLEACHING GUIDELINES

The following is a list of general guidelines for use with your home bleach trays.

For more specific details and for first aid instructions please see the label on the bleaching gels enclosed in your NITEWHITE® bleach kit.

If you fit into any of the following categories we DO NOT recommend you bleach your teeth:

- pregnant or lactating (breast-feeding) women
- immunocompromised individuals – a systemic condition that suppresses the immune system such as: kidney disease, liver disease, cancer, aids, lupus, etc.
- poor oral health
- rampant decay
- existing oral infection

As with any bleaching treatment, mild tooth sensitivity is a common side effect and severe tooth sensitivity occasionally occurs. However, tooth sensitivity tends to decrease as treatment progresses.

Keep out of reach of children – harmful if swallowed.

Avoid contact with your eyes – can cause serious damage to your eyes.

Prior to using your trays please follow these guidelines:

- Floss and brush your teeth
- Make sure bleach trays are clean and dry
- Twist off cap to bleach gel
- Place a small (bb size) drop of gel into each tooth compartment of the tray do not overfill tray
- Carefully insert tray on your teeth avoiding contact with your gums
- Remove excess gel with a cotton swab or finger
- Rinse off hands
- Replace cap on bleaching gel
- Store bleaching gel in a cool, dry place out of reach of children
- DO NOT eat, drink, or smoke while wearing your bleaching trays
- For best results wear the trays with bleach overnight for 4 to 6 hours

The morning after bleaching:

- Take trays out, rinse trays with cold water then dry.
- Store trays in storage case provided in cool, dry place.
- Rinse and brush teeth to remove excess gel.

If you have a severe sensitivity, you should bleach every other day and continue to use the *Sensodyne*® toothpaste in place of your normal toothpaste. 800 mg of Ibuprofen may be taken every eight hours as needed for pain.

Avoid staining foods and drinks such as: Coffee, Tea, Red Wine, Colas, Red Sauces, Soy Sauce, Berries, Mustard, Ketchup, and Tobacco Products.

Drink lots of water, use an automated toothbrush, and practice good oral hygiene (i.e. daily brushing and flossing)