



Patrick S. Burchfield DDS & Gregory M. Melton DDS

4444 Carter Creek Pkwy Suite 101, Bryan, Texas 77802

(979)846-7799

www.burchfielddds.com

Bleaching Instructions

After you have completed the office Zoom treatment, the following side effects may be experienced:

- Moderate to severe sensitive. Very hot or cold foods and beverages should be avoided.
- Sensitivity usually subsides after two days. Over the counter pain relievers such as Ibuprofen and Tylenol every 4-6 hours are recommended.
- Red or swollen gums. Will return to normal within 1-2 weeks.
- Uneven shading on various teeth. Continue bleaching **DAILY** to promote uniform lighter shades.
- After the in office Zoom treatment, avoid dark colored or concentrated foods or drinks for 48 hours. Examples: Spaghetti sauce, mustard, red wine, catsup, grape juice, blueberries, etc. (it is not required to stay away from these items during the take-home bleaching but may increase results if avoided)

Note: bridges, crowns, and fillings will not bleach.

Instructions for use:

- Make sure to brush and floss teeth before each use.
- Apply a small teardrop of whitening gel on each tooth that you want to bleach. (You will not need to place bleach gel on crowns or bridges.)
- Place trays in mouth and do not remove for 1 hour. If no sensitivity for 1 hour of use, you can increase the time up to 3 hours. You may also sleep in your trays if sensitivity is not an issue. The bleaching gel will lose its effect after 3 hours of use.
- After use, rinse the trays in cold water. Do not use hot water as it may distort your trays.

Tips for BEST results:

- Do not leave the bleaching material in warm places. This will decrease shelf life.
- If there is extra bleaching gel that is coming out the tray upon insertion, use a lightly damp paper towel and wipe away any excess. You may be applying too much gel in the tray.
- If your sensitivity is greater than usual, you may use "Relief Gel" for 1-2 hours.
- Do not eat, drink, or smoke while the trays are in.