

Manteca Dental Care

| Rick Van Tran, DDS |
& Associates

Home Care Instructions for Bleaching Trays

- **Follow the instructions** provided by Dr. Tran or the dental assistants on how to load gel into your custom bleaching tray. Use no more than 1/3 to 1/2 of the syringe. A small amount goes a long way!
- **Brush your teeth** then insert tray into mouth. Lightly smooth tray to adapt tray sides to your teeth. Wear the trays, preferably after dinner, and remove trays after a certain amount of hours as indicated under “wear time”.
- **Remove excess gel** from your teeth and gums with clean fingers or soft toothbrush.
- **Rinse your mouth** twice; do not swallow rinses.
- **Clean tray** with soft brush and cool tap water. Store tray in case provided.
- **The first days:** Wear the tray for ten (10) minutes to determine if you have any sensitivity or discomfort.
- **Subsequent days:** If no sensitivity occurs, you may begin to wear the trays for longer periods, typically 10 – 20 minutes, per day over the next few days.
- **Sensitivity.** If significant sensitivity occurs, please call our office.
- **Wear time:** Wear the trays during the evening, or whenever it is convenient, for 10 – 20 minutes per day for a period of two (2) weeks.
- **Try to avoid** foods that will stain your

If you have any questions, concerns, pain, or discomfort, please do not hesitate to contact our office!

1007 South Main Street • Manteca, CA 95337
(209) 823-9218 (office) • (209) 823-1134 (fax)

Manteca Dental Care

| Rick Van Tran, DDS |
& Associates

Bleaching & General Precautions

- **DO NOT** use household bleach to whiten teeth.
- **DO NOT** swallow gel or rinses. The bleaching product contains peroxide and fluoride; swallowing large amounts can be harmful.
- **DO NOT** use tobacco products or eat while bleaching. Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, the teeth can be re-whitened within a few nights with the bleaching gel.
- **DO NOT** freeze gel. Preferably, keep the gel refrigerated. Please keep gel out of heat and sunlight.
- **DO NOT** use if you are pregnant or breast feeding. Please keep gel out of reach of small children.
- **TOOTH FILLINGS AND CROWNS** do not respond to tooth bleaching therefore will remain the same color.
- **FOODS AND JUICES** high in acid may cause sensitivity.
- **TEETH** are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
- **SENSITIVITY.** A small percentage of patients experience sensitivity with bleaching. Should this occur, remove the trays and contact our office.
- **DISCOMFORT.** Some patients have noticed temporary discomfort of the gums, lips, throat, or tongue. These side effects will usually subside with 1 -3 days after treatment is discontinued. Should any of these symptoms persist for more than two days or progressively worse, call our office.
- **REGULAR DENTAL CHECKUPS** and cleanings are important before and after bleaching to maintain a healthy smile.
- **OLD AMALGAM** or “silver” fillings may leave a dark purple color in your bleaching tray. Do not be alarmed as this is normal.
- **DISCARD** any unused bleaching gel after treatment is completed.

If you have any questions, concerns, pain, or discomfort, please do not hesitate to contact our office!

1007 South Main Street • Manteca, CA 95337
(209) 823-9218 (office) • (209) 823-1134 (fax)