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**K. CLAY ELLIS, JR., DMD, LLC.**

311 South 5th Street  
Gadsden, Alabama 35901  
Phone: (256) 543-1285  
Fax: (256) 543-1719  
clayellis@clayellisdmd.com



## **HOME BLEACHING INSTRUCTIONS**

### **IMPORTANT: READ ALL INSTRUCTIONS BEFORE BEGINNING TREATMENT**

Dr. Ellis will prescribe your wear times for bleach percent dispensed:

16%	- 4 to 6 hours
22%	- 1 to 2 hours
35%	- 30 minutes

- STEP 1. Thoroughly brush your teeth.
- STEP 2. Remove cap from syringe tip and express contents evenly across the fronts only of the teeth to be bleached. (Approximately 1/3 of a syringe.)
- STEP 3. Seat the tray completely and firmly onto your teeth.
- STEP 4. Gently wipe off any excess gel with a toothbrush or clean finger.
- STEP 5. When tray is removed, clean it with cool water and place in case. Brush and rinse remaining gel from teeth. **IMPORTANT:** Remove tray prior to eating. Don't drink volumes of liquid with bleaching gel in place. Avoid smoking during entire bleaching process.
- STEP 6. Continue this procedure and return to our office for all subsequent progress appointments. The progress appointment is **VERY IMPORTANT** to ensure satisfactory results; strengths and times may be adjusted.

### **WHITENING IN GENERAL**

- 1. Bleach will not change the color of existing crowns, bridges or tooth colored composite fillings.
- 2. Teeth usually lighten less or more slowly next to the gums. A tooth's natural color usually varies and is darker at the gum line and lighter farther from the gums.
- 3. If you experience sensitivity beyond mild discomfort from cold, Dr. Ellis may decide to change your treatment regimen or have you use a fluoride gel.
- 4. Always store bleaching tray in your case when out of your mouth to prevent damage. If replacement is necessary, you may incur a fee.
- 5. Store unused bleach in the refrigerator – this will increase the shelf life of the product

### **PRECAUTIONS**

Keep bleaching syringes away from heat and/or direct sunlight. **NEVER** use any household or commercial bleaching agents in your mouth; use only tooth whitening agents dispensed and supervised by your dentist. If you ever have any questions, feel free to call our office.

### **POSSIBLE SIDE EFFECTS**

Some patients will experience increased sensitivity to cold during treatment. Some have reported temporary discomfort during bleaching, such as gum and/or tooth sensitivity, tongue and/or lip soreness, and throat irritation, or moderate, continuous teeth pain. **IF ANY OF THESE SYMPTOMS OCCUR AND ARE MORE THAN MILD OR PERSIST, OR IF YOU HAVE ANY QUESTIONS OR CONCERNS, CALL OUR OFFICE at 256-543-1285.** Any side effects usually resolve within 1-3 days after interruption of completion of treatment. Some old fillings may leave a dark silver stain color in your bleaching tray; this is normal.