



Friel & McGahon Dental,
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Bleaching Tray Instructions and Care

1. Brush and floss, where plaque is bleach is ineffective
2. Place 1/2 pea sized amount of bleaching material in tray on only those teeth to be whitened.
3. To begin with we recommend one hour to condition your teeth to the bleaching process. Beyond this point you may bleach at longer intervals never going more than four hours at any one time.
4. With your fingertips remove any excess bleaching material from the soft tissue.
5. After bleaching thoroughly brush and rinse your mouth immediately.
6. Clean trays using lukewarm water (not too hot or your trays will distort) and antibacterial soap.
7. Avoid smoking, drinking red wine tea or coffee, or eating anything with a strong colour such as some curries for three weeks post bleaching.
8. Do not eat anything while bleaching trays and bleach are in your mouth.
9. You may get some sensitivity while bleaching, if this occurs only wear trays every second day and Sensikin products may help. If you are worried give us a call.
10. We recommend using Youtuel toothpaste following bleaching to help maintain your bleached teeth.
11. If you have any questions or problems call us on 0429336214