

Teeth Whitening (Bleaching) Instructions

Meridian Dental | 2345 Erringer Rd. Suite 220 | Simi Valley, CA 93065

Tel: 805.583.5589 | www.Meridiandentalcenters.com

Only a minimal amount of bleaching gel is necessary to effectively whiten your teeth. The ideal bleaching gel solution is carbamide peroxide which allows for a slow release gel that will remain active as you whiten your teeth for many hours. Carbamide peroxide can be worn all night in your custom tray and still have active ingredient leftover, so the best way to get results fast while conserving your gel is to wear your tray to bed for 7-10 hours of whitening while you sleep. The safest and best percentage of carbamide peroxide is 10% because it has been studied extensively and shown to produce results with minimal sensitivity and no significant side-effects.

Step By Step Guide for Application of Bleaching Gel

- 1) Make sure your custom tray is clean from previous use. Never use hot water when cleaning your tray because it will warp the plastic. The best way to clean whitening gel out of your trays is to use q-tips and room temperature water.
- 2) With clean trays prepared, apply minimal bead sized amount of whitening gel to the front surface of each tooth you will be whitening. The bead is applied in the middle of each tooth and only on the front surface. Applying more excessive gel, or adding gel to the back surface of the teeth will only waste your gel while not improving results. **Note:** Whiten each tooth up to and including the first molar so that there is no visible change in teeth shade when smiling.
- 3) Gently insert the loaded custom tray into your mouth and seat completely on your teeth.
- 4) Use a finger to gently press against the front surface of your teeth to adapt the tray.
- 5) Run a finger along your gumline just under the custom tray to remove any bleaching gel that may have squeezed out during the previous steps.
- 6) Go to bed.
- 7) When you wake up in the morning, remove the trays and brush your teeth as usual. Clean your trays as described in step 1.