



# Ocean View Dental

Office of:

*Summer T. Wood, D.M.D.*

*Keith Vodzak, D.M.D., M.S.D. (Orthodontist)*

Keith Dung, D.D.S., Andrea Braun, D.D.S., Sara Shuler, D.M.D, Brandon Gage, D.D.S.

970 North Kalaheo Avenue, Suite C309, Kailua, HI 96734

Phone (808) 254-5503 Fax (808) 254-4645

## BLEACHING TRAY INSTRUCTIONS

1. Wear the tray for 1 hour.
2. Apply small amount to inner wall of tooth mold in tray.
3. Seat tray. You should have very little excess on the gums. If there is excess, wipe off excess from gums.
4. After removing tray, rinse mouth with water.
5. Rinse tray and store dry at room temperature in case provided.
6. If sensitivity occurs, the following may help:
  - a. Skip a night or two, then start again.
  - b. Brush with a desensitizing toothpaste, like Sensodyne, Colgate, Crest, containing 5% potassium nitrate and fluoride.
  - c. Rub the desensitizing toothpaste on the spot that is sensitive.
  - d. Put a desensitizing material in the tray just like you do bleach in the tray for 10-30 minutes when needed.
7. We will make your next appointment in 2-4 weeks OR when your tooth color is at the shade you desire (usually when it matches the whites of the eyes).
8. Please call with any questions or concerns!