

MAGNA DENTAL, PC
BLEACHING INSTRUCTIONS

(REVISED 9-22-2016)

1. WE RECOMMEND BLEACHING ONE ARCH (UPPER OR LOWER) AT A TIME, THIS WAY YOU CAN SEE THE DIFFERENCE IN THE SHADE OF YOUR TEETH.
2. APPLY A SMALL DOT OF BLEACHING MATERIAL IN EACH TOOTH IN THE TRAY. REMEMBER, A LITTLE BLEACHING MATERIAL GOES A LONG WAY! IF YOU NOTICE ANY BURNING ON YOUR GUM TISSUE, APPLY LESS BLEACHING MATERIAL IN THE TRAY.
3. WEAR TRAY FOR 1/2 HOUR PER DAY, FOR 2 WEEKS.
4. IF TEETH BECOME SENSITIVE, BLEACH EVERY OTHER DAY FOR A TOTAL OF 14 DAYS. YOU CAN USE SENSODYNE FOR 2 WEEKS BEFORE AND DURING BLEACHING IF YOUR TEETH ARE PRONE TO SENSITIVITY.
5. BLEACHING WILL ONLY LIGHTEN NATURAL TOOTH SURFACES. IT WILL NOT LIGHTEN CROWNS OR TOOTH COLORED FILLINGS.
6. DO NOT DRINK ANYTHING THAT STAINS YOUR TEETH (I.E. TEA, COFFEE, COLA) OR SMOKE WHILE BLEACHING. WE ARE TRYING TO LIGHTEN YOUR TEETH SO DARK LIQUIDS AND SMOKING MAKES THIS PROCESS HARDER TO ACHIEVE YOUR DESIRED SHADE/COLOR.
7. TAKE CARE OF YOUR BLEACH TRAYS BY WASHING THEM OUT AFTER EACH USE. BRUSH THEM WITH A TOOTHBRUSH AND THEN PLACE IN THE CONTAINER PROVIDED.
8. SOME INDIVIDUALS TEETH BLEACH QUICKER THAN OTHERS. ONCE YOU REACH YOUR DESIRED TOOTH SHADE/COLOR, BLEACH ONCE PER MONTH TO MAINTAIN THE DESIRED SHADE/COLOR. SMOKERS, COFFEE AND TEA DRINKERS, ETC. WILL REQUIRE TOUCH-UP MORE OFTEN. WE SELL REFILL TUBES OF WHITENING MATERIAL. PLEASE STOP BY DURING BUSINESS HOURS TO PURCHASE.
9. PLACE YOUR STONE MODELS IN A SAFE PLACE TO POSSIBLY RE-USE FOR ADDITIONAL REPLACEMENT TRAYS IF NEEDED.
10. PLEASE CALL OUR OFFICE IF YOU SHOULD HAVE ANY QUESTIONS OR CONCERNS 217-525-6980.