



THE USE OF BLEACHING TRAYS

STAGE ONE

Start by placing a sensitive tooth paste e.g. Sensodyne into the trays and wearing overnight or for a few hours during the day for 3 days. This helps to prevent any sensitivity during treatment.

STAGE TWO

Load tray ensuring the front surface of the tooth is covered evenly in gel.

STAGE THREE

Place the tray snugly over your teeth. Gently press the tray to move the gel into place.

STAGE FOUR

Gently wipe off excess gel with a tooth brush or cotton wool.

STAGE FIVE

The custom made trays can be worn overnight, or for a minimum of two hours during the day.

STAGE SIX

Remove tray and clean thoroughly, but do not use hot water.

GENERAL ADVICE

- Keep the bleaching agent in the fridge
- This process should be repeated every day for 3 weeks or until you are happy
- If you experience any sensitivity during treatment, stop using the bleaching agent and repeat stage one.
- During treatment it is advised to avoid tea, coffee and red wine as this could affect the final result by staining the teeth.

As with all treatments offered at Lewes High Street Dental Practice, if you have any concerns please do not hesitate to contact the practice on 01273 478240 for advice.