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Family Dental Practice

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Patient home care instructions for bleach trays:

- Bleach can be stored in the refrigerator, but remove one hour prior to bleach use to allow it to come to room temperature.
- Thoroughly brush and floss teeth prior to whitening treatment.
- Place small dots or a thin line on the middle of each tooth imprint, on the inside of the trays.
- The percentage of bleach which you are using can be found on the packaging- If you are using **20%** you can wear the trays for up to an hour. If you are using the **35%** you can wear the trays for up to 30 minutes.
- You can whiten for up to two weeks at a time, or until desired results are reached. (If you have not reached desired result in two weeks please contact our office.)
- Touchup whitening can be done for 1-5 days every several months if needed.
- After whitening, remove the tray and thoroughly brush teeth and the trays. Toothpaste may be used.
- Avoid dark liquids and foods such as red wines, dark sodas, tea's, pasta sauces, catsup, mustard etc. for several hours after bleaching teeth. The teeth need time to rehydrate after bleaching and these items could cause the teeth to take on their color.
- It is normal for your teeth to become sensitive after whitening. If this occurs decrease the amount of time you are wearing the trays by half. You can also skip a day between whitening sessions.
- If you are still experiencing sensitivity you can use sensitive tooth paste
- If you have any questions or concerns please contact our office at: 314-968-2483.

