



STEWART
DENTAL
GROUP

Night White Bleaching Instructions

- You will receive 4 syringes; each syringe should last 3-4 bleaching sessions for both the top and the bottom. Patients are to follow the measured increments labeled on every syringe.
- Patients are to add a very small dot of bleach inside of the tray for each tooth. If too much bleach is used, the bleach will overflow out of the tray when putting the trays in. Just spit out the extra - do not take the trays out.
- Only 70% of your tooth needs to be covered by the bleach. Teeth absorb the bleach and will bleach internally. Patients will NOT have yellow spots when the attachments are removed.
- Patients are always to brush and floss teeth before and after bleaching. After bleaching, also make sure to brush trays. To keep trays in good condition, trays should soak in a cup of hydrogen peroxide. Make sure the trays are dry before placing the bleach in the tray.
- It is recommended that patients start bleaching, overnight, while sleeping, once a week.
- This product has a desensitizer which will help with sensitivity AND inhibits bacterial growth in the mouth, which helps reduce gingival inflammation.
- Please note that patients are to bleach to their satisfaction. It is OK to stop and start when patients feel it is needed.
- DO NOT use bleaching solution if pregnant or nursing.
- Crowns will not bleach.
- You CAN eat and drink like normal after bleaching.