



East Keilor Dental
27 McFarlane Street, East Keilor 3033
(ph) 9337 4076
reception@eastkeilordental.com.au

BLEACHING INSTRUCTIONS

1. Floss and brush teeth
2. Apply a small quantity of bleach to the internal facial aspect of the trays
3. Insert trays
4. Wipe off excess material with tissue, cotton bud or toothbrush
5. Day White 6% - wear trays for 30-45 minutes daily
6. No eating or drinking whilst wearing the trays or for half an hour afterwards
7. Clean the trays using a toothbrush
8. Avoid exposing trays to heat/hot water
9. Remove bleach that is adhering to the teeth with a wet toothbrush
10. If your teeth develop marked sensitivity or your gums feel itchy or sore, contact the surgery
11. For the time you are bleaching, **minimise:**
 - a. Red wine
 - b. Dark colas
 - c. Coffee and tea
 - d. Red sauces (chilli, spaghetti, tomato)
 - e. Soy sauce
 - f. Acidic fruits and juices (lemon, orange, grapefruit, pineapple, sports drinks)
 - g. Fruits and vegetables with colour
 - h. Smoking
 - i. Dark coloured lipstick or coloured mouthwash
12. Continue bleaching only until the shade you want is achieved. Most patients do not need to use all of the bleach provided although some require more
13. Re-bleaching is usually not required in less than 3 years but depends on usage of foods etc, listed above