Night White Bleaching Instructions

● Patients are to follow the measured increments labeled on every syringe. Each syringe should

last 6 bleaching sessions for both the top and the bottom.

● Patients are to add a very small dot of bleach inside of the tray for each tooth; ensuring all teeth

in the ‘Smile Zone’ are covered. If too much bleach is used, the bleach will overflow out of the

tray when putting the trays in. If this happens, quickly wipe off the excess bleach because it may

irritate the gums.

● Overfilling the trays with bleaching solution will only waste the bleach. Only 70% of the tooth

needs to be covered by the bleach. Teeth absorb the bleach and will bleach internally.

● 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.

● The bleaching may make teeth sensitive. This is completely normal! Patients can take Advil as

needed to help with sensitivity. Please note that the sensitivity is not permanent and should not

last more than a day.

● It is recommended that patients bleach once a week overnight for 6-8 hours. However, patients

that experience no sensitivity can bleach every night if quicker results are desired.

● To decrease sensitivity, patients should reduce their bleaching time. Keep track of how many

hours were slept with bleach in trays.

● Please note that patients are to bleach to their satisfaction. It is ok to stop bleaching and start back when patients feel it is needed again.