

## **BLEACHING INSTRUCTIONS**

**Dr. Scott Sahf's Pager: 828-243-9121**

1. Place a small amount of bleach in the reservoir area.
2. Place tray in mouth and rub tongue around tray area and use light finger pressure on the front of the teeth. If you taste a lot of bleach you've used too much in the reservoir. Therefore, use less bleach the next time.
3. Wear the tray either 2 times a day for at least 2-4 hours each time or once a day at night when you go to bed and leave it in while you sleep.
4. If your teeth become sensitive to cold or air, you are wearing the tray too much. If this is the case cut back on either the amount of time or the number of times you are using it per day, or put fluoride in the tray and wear it for a few hours and that will cut down on the sensitivity.
5. Don't use the bleach on the very last teeth since people do not see these. This will help save on the bleaching gel.

## **WARM SALT WATER SOAKS**

Dissolve one level teaspoon of salt into an 8 oz. Glass of very warm water. Place a mouthful of solution into your mouth and tip your head from side to side where the surgery was done. Don't Swish! Hold your head in this position until the salt-water solution becomes cool. Let the solution slowly dribble out of your mouth into the sink. If there is more than one surgical area, repeat the above with your head in the other direction.

These soaks should be done three or four times a day for about 10-15 minutes if done properly.

## **FLUORIDE APPLICATION INSTRUCTIONS**

### **If you are using a fluoride tray:**

Place a small amount on the inside of the tray. Seat the tray onto your teeth and spit any excess out. Leave The tray in your mouth overnight or for at least 1 hour during the day. You can leave it in your mouth for as long as you would like during the day. Do not eat any items while the tray is in your mouth. A good rule Of thumb is, if you put anything into your mouth remove the tray first and then put more fluoride into the Tray and start over. Once the tray is in your mouth don't rinse or put anything in there while the tray is in.

### **If you are not using a fluoride tray:**

Place a small amount on your toothbrush like you would toothpaste. Brush on all of your teeth. Keep on your teeth for 4 minutes. If you want you can brush for 4 minutes or brush for 2 minutes and then stand and wait for 2 more minutes while it is in your mouth. Then, spit it out and don't rinse your mouth with anything, nor drink or eat anything for 30 minutes. This is why we recommend doing it at night before bed.