

# Portmore In Office Bleaching Procedure

- Make sure p/t has read & understood pre operative instructions
- Does the p/t wish to take Nurofen/Analgesics
- Initial shade take
- Photograph – with shade & cheek retractors
- Bristle brush pumice all teeth/Air flow
- Opaldam gingiva & LC
- Optradam/Rubber Dam
- Bite block inserted with raised tongue
- Mix bleaching syringe
- X 3 applications – 10 minutes each
- Suction off gel in between applications & apply Gluma if any sensitive areas
- Final rinse with water from 3 in 1
- Re take shade & photograph
- Check fit of home bleaching trays
- Give pt post op home bleaching instructions to read
- Go through contents of home kit
- Book review appointment 2/52