



*Compassionate Care. Exceptional Results.*

**Anthony W. Boe, DDS**

1880 West Wayzata Boulevard,

Long Lake, MN 55356

Phone (952) 475-0989

Fax (952) 475-2053

[www.anthonyboedds.com](http://www.anthonyboedds.com)

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## **Sensitivity related to Teeth Bleaching**

Sensitivity when bleaching is not uncommon. If sensitivity occurs while bleaching your teeth, there are several things that you can do to alleviate it.

1. After each bleaching session, place Prevident 5000 in your bleaching trays and wear for 4 minutes. Prevident is available for purchase at our office.
2. Another option is to put Sensodyne toothpaste in bleaching trays and wear 30 minutes prior to bleaching.

If sensitivity persists, both of these options can be used to reduce the discomfort. Please do not hesitate to call our office with questions at 952-475-0989.