

INSTRUCTIONS FOR HOME TEETH WHITENING

Applying the Bleaching Gel:

When you apply the gel make sure not to fill the trays. Place a small drop of whitening gel half-way up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. We recommend that you only bleach the front 8-10 teeth as no one sees the back teeth.

Inserting the Bleaching Trays:

Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums, by holding the tray up with one hand, wipe the excess gel off of the gums with your finger, tissue or Q-tip. Wear the tray with the gel as directed below.

Wearing Time: (15-30 minutes per day)

Please follow instructions given by your dentist

After Whitening:

Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning. Apply sensitive toothpaste or discuss with your dentist using tooth mousse gel if your teeth become too sensitive - follow steps 1 through 4 again using the tooth mousse gel.

Caring for Your Trays and Gel:

Clean whitening trays with a toothbrush or Q-tip and cold water. Store trays in the tray holder and gel in cool dry place away from heat and direct sunlight. The gel may be refrigerated to prolong the shelf life, but do not freeze. The gel has a use by date, it is advised you do-not use the gal after this date as we cannot gauntee the quality of if any adverse effects will occur.

Sensitivity:

Your teeth or gums will most likely become sensitive. This is common while using all products containing peroxide based gels and it is not harmful. In case of increased sensitivity reduce usage time and/or frequency until the sensitivity subsides. Please call our clinic if any help is required. Nurofen 400mgs every 6 hours will help control the pain related to sensitivity

Food & Beverages to Avoid During Teeth Whitening:

Dark beverages like coffee, tea, dark soft drinks and red wine should be avoided while whitening teeth. Juices, chocolates and dark berries like cherries and blueberries also can cause staining and should be limited for best whitening results. It is recommended that you avoid staining foods and drinks for at least 48 hours after whitening your teeth.