



WHITENING INSTRUCTIONS

1. PRIOR TO TREATMENT:

Brush and floss just prior to bleaching your teeth. The whitening gel is the most effective with clean teeth. Try the trays in first without any bleach to check the fit and comfort. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.

2. APPLYING THE BLEACHING GEL:

When you apply the gel make sure not to fill the trays. Place a SMALL drop of tooth 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. Recap the syringe for next treatment until empty. The average treatment per arch requires approximately 0.5ml of whitening gel. We recommend that you only bleach the front 6-8 teeth as these are the visible ones for most patients.

3. INSERTING THE BLEACHING TRAYS:

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

4. WEARING TIME:

Carbamide Peroxide 16% Bleaching Gel 16% can be used for 2 to 4 hours/Hydrogen Peroxide 6% is used for 60-90 minutes, during the day or overnight while sleeping if no sensitivity occurs. If sensitivity does occur you may need to wear the trays less frequently. Please contact the surgery for advice if this occurs. Please avoid heavily pigmented foods and drinks for the duration of your tooth whitening treatment.

5. AFTER WHITENING:

Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning.

6. 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 whitening gel in a cool dry place away from heat and direct sunlight for up to 1 year. The gel may be refrigerated to prolong the shelf life, but do not freeze.

DENTAL WHITENING GEL CAN BE REFRIGERATED FOR LONG TERM STORAGE OF UPTO 2 YEARS.

