

How to use the whitening gel and trays:

1. Use only a small amount of whitening gel: you should squeeze out a small dot of bleach into the centre of each tooth, so it covers about half the tooth.
2. You generally only need to whiten the 10 most forward teeth of the upper and lower jaws, as they are the most visible. If you have any crowns, and you can work out which tooth is which, you don't need to use any bleach gel for teeth with crowns.
3. After you have brushed your teeth, insert the trays and leave them in for 30 minutes (the gel generally stops working after that time). Remove any excess gel once you have seated the trays by wiping with your finger.
4. When you remove the trays, lightly clean the whitening trays with your tooth brush under running cold water, to remove the residual bleach. *Do not* rinse with warm/hot water as the trays will distort. Store the trays in the container provided.

What to expect while whitening

- Your teeth will gradually become lighter, a process which occurs over 2 to 3 weeks. You may stop at any time if you're happy with the colour of your teeth. Pro tip: consider whitening *lower teeth* first, on their own: that way, it's easy to see how it's working.
- Teeth can become sensitive while whitening. There are several things you can do:
 - ▶ Switch to a desensitizing tooth-paste while you whiten (Sensodyne or Colgate PRO-Relief: please ask for a sample of the Colgate version)
 - ▶ We can also provide a desensitising agent called Tooth-Mousse® to use while bleaching
 - ▶ You can alternate desensitizing agents with whitening gel (a different one each day)

If the sensitivity is bothersome, place a tooth paste-sized amount of Tooth Mousse onto your finger and smear directly over your teeth. Spit out the excess but do not rinse out. Do this before bed on alternate days while bleaching i.e., only use the bleach every second night over 4 weeks. Continue to use the tooth mousse in this manner for 2 weeks following bleaching. The sensitivity is temporary and will subside shortly following the bleaching process.

- For best results, stick to a "white diet" for the week following bleaching i.e., avoid foods, drinks and habits that are known to stain the teeth (e.g., curries, dark sauces, red wine, tea/coffee and smoking).
- ☑ Bleaching is not a permanent procedure. A mini-course (3-7 days of bleaching) may be required every 12-24 months depending on individual diet, lifestyle and hygiene factors. Keep your trays in a safe place and contact your dentist when you require more bleach.

We will review your progress, generally in about 3 weeks.

If you run out of whitening gel please let us know.

If you have any questions or concerns, please talk to one of our friendly team members.