

PATIENT ADVICE : TEETH WHITENING INSTRUCTIONS

1. Floss and Brush your teeth as usual. Rinse your mouth with water.
2. In a counter-clockwise motion, twist and pull off the clear plastic cap from the end of the syringe
3. Place the mixing nozzle on the end of the syringe and secure by twisting the mixing nozzle in a clockwise motion
4. Place a small amount of the gel in each tooth compartment in the tray. A small drop in the centre of the surface which touches the front of your tooth will suffice.
5. Do not overfill the trays as excessive gel may cause gum irritation. Each syringe has calibrated doses. Use approximately one dose per tray application.
6. Place the tray with the gel in your mouth. As you insert the tray, be careful not to push the gel out of the tray. You may see bubbling within your trays while wearing them. This is part of the whitening process.
7. It is advisable to wipe the end of the syringe with a tissue before resealing.
8. Use extra care to avoid getting the gel on your gums. Remove excess gel with a cotton bud or a dry toothbrush
9. Keep the trays in for approx. 45 minutes (Day Whitening)
10. After whitening, rinse the trays with cold water. If necessary, use a toothbrush to remove any residual gel. Dry them carefully using tissue or similar. Place the trays in the storage case, and store them in a cool dry place in the box provided
11. Rinse and brush your teeth to remove excess gel
12. Do this every day for approx. 2-3 weeks. You can whiten for more days if you have particularly dark teeth.
13. Should sensitivity occur whilst bleaching your teeth you can use sensitive toothpaste (Regenerate) in the trays and wear them for 20 minutes, this should reduce sensitivity.