

# TOOTH WHITENING

## Patient instructions for tooth whitening:



- ✓ Thoroughly brush your teeth and floss/tepe as normal.
- ✓ Clean and rinse in cool water your custom made trays.
- ✓ Remove the tip from the syringe containing the gel and extrude a little of the gel into the trays.
- ✓ Make sure you apply the gel to front surface of the tray.
- ✓ Each syringe should provide you with 7 days worth of bleaching gel so only a small amount is required per tooth per session.
- ✓ Seat the trays snugly over your teeth, press gently to allow the gel to become evenly distributed. Remove excess with your finger to prevent irritation of your gums.
- ✓ Do not eat or drink whilst using your trays.
- ✓ Wear your trays for an uninterrupted period of two hours per day.
- ✓ You can wear the trays over night but the gel is most effective for the first two hours.
- ✓ Make sure you rinse your mouth and brush your teeth following whitening to remove any residual gel. Clean the trays thoroughly with cool water.

## ADVICE AND WARNINGS:

- ✓ Return to your dentist for a review appointment following the use of your trays where the improvement in shade can be assessed and your teeth can be checked.
- ✓ Depending on the initial shade of your teeth and the result you require, bleaching can take up to 4 weeks to be completed. Sometimes it is not always possible to reach the shade you desire due to the natural shade and porosity of your teeth.
- ✓ It is possible to over lighten teeth so discontinue use when you reach the desired shade.
- ✓ Crowns, veneers and fillings will not be affected by bleach, but your natural teeth around them will. Your dentist can advise you accordingly.
- ✓ Following lightening, your teeth will slowly and gradually return to their previous shade. You can reduce this slightly by avoiding certain foods which stain and discolour teeth.
- ✓ Sensitivity often occurs with tooth whitening. This usually only lasts for 1 to 2 days. A sensitive toothpaste can help with this problem. If the sensitivity increases reduce the usage of the bleach to alternate days.
- ✓ Do not eat or drink for 1 hour following the use of your trays.
- ✓ In rare cases allergic reactions can occur and widespread swellings of the mouth can present. If this occurs discontinue use and contact the practice.
- ✓ If you swallow a large quantity of the bleach, drink several glasses of water or milk. If the gel contacts the skin simply wash with soapy water.

