

Tooth Whitening Instructions

- Clean teeth thoroughly, clean gaps between teeth with dental floss.
- I would recommend anyone whitening their teeth to use a sensitive toothpaste for the duration and for a period of time after whitening.
- Apply gel (quantity: size of a lentil) into the face-sided hollow areas of the vacuum-formed tray. Use just enough gel to cover the front surface of the teeth.
- If treating a single tooth only place gel in the area of the tray corresponding to that tooth.
- Fit vacuum-formed tray onto the teeth and remove any excess gel from the gum with a toothbrush or finger.
- Do not swallow gel.
- Do not apply too much gel as this does not give a better result but can enhance hypersensitivity. Each tube should be enough for three upper and three lower treatments.
- Wear vacuum-formed tray overnight or during the day for 2 - 3 hours.
- The treatment is completed after 12 - 14 days.
- After removing the vacuum-formed tray, clean with cold water and toothbrush, leave to dry and place in storage container.
- Do not consume citrus fruits, coke beverages, red wine and tobacco during the duration of the treatment in order not to slow down the treatment process.
- Observe strict mouth hygiene.
- Do not eat or drink while wearing the vacuum-formed tray.
- Do not whiten your teeth if you are pregnant or breast feeding.
- Keep the gel prescribed in the refrigerator and out of the reach of children but use at room temperature.
- In some cases, temporary hot/cold sensitivity might be experienced during the treatment, which ceases within a few days after treatment is stopped or completed.
- If you experience hypersensitivity, reduce the dosage as well as the duration of the individual treatment. Generally sensitive teeth should only be treated with the product every second or third night.

Sensitivity Management

Sensitivity is a likely consequence of whitening, almost everybody will experience some sensitivity to cold and maybe hot whilst whitening. This is usually temporary and will return to normal within a few weeks.

Steps to manage sensitivity

I would recommend using a sensitive toothpaste throughout the whitening process and for some weeks after.

For the first few days wear the trays for only a couple of hours and see how the sensitivity is.

If there is no problem, wear the trays overnight if you wish for convenience.

What if I have a lot of sensitivity?

Slow down the process by doing some or all of the suggestions below:

- Wear the trays for only an hour at a time.
- Wear for alternate days with sensitive toothpaste in the tray on the non whitening day. You could alternate top and bottom teeth so they are staggered.
- Wear the tray for 1-2 hours and then place sensitive toothpaste in the tray overnight.
- Whiten for a few days and then give the teeth a rest for a week and try again.
- Brush with sensitive toothpaste.

Remember, the end result will likely be the same if it takes you two weeks or two months.