

## Instructions for Take Home Whitening

### Steps:

1. Floss and brush teeth with a soft bristle toothbrush for 2 minutes using sensitive toothpaste.
2. Remove Bleaching trays from case - ensure they are dry
3. Place a very small dot of whitening gel at the centre of each tooth within the tray.
4. Place trays in mouth and press the tray against the outside surface of your teeth to allow even spreading of the gel. If you see excess whitening gel extruding from the tray, remove it with a cotton bud and remember to put less next time as it can irritate your gums.
5. Leave trays in for overnight to get the full effect. However, if you are unable to do it, leave them in for a minimum of 1.5 hours.
6. Remove trays in the morning and rinse with **COLD** water, dry and replace trays in case. Keep your trays away from any heat source as it can permanently distort and damage your trays.
7. Repeat instructions for the next 2-4 weeks until desired results are achieved.

### For best results:

1. Avoid/reduce intake coloured foods (curries, red based sauces, red wine, tea, coffee) and smoking.
2. Having teeth professionally cleaned before commencing whitening.
3. To keep whitening gel's shelf-life for as long as possible, leave out only the syringe that you're going to use and keep the rest of the whitening kit in the refrigerator.



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*"Our best reward is our patients' great smiles!"*

## **Sensitivity**

Sometimes during the whitening process you may notice some sensitivity arise. This is why we ask you to brush with sensitive toothpaste during the treatment. You can also stop whitening for a day or two to reduce sensitivity.

To further reduce the sensitivity, we recommend you use **Tooth Mousse** during the course of bleaching. Tooth Mousse is very effective in reducing sensitivity and remineralising your teeth. You can either rub the Tooth Mousse directly on your teeth or place it in the bleaching trays. You can purchase Tooth Mousse of various flavours from us.

## **Keep your smile brighter for longer**

Please understand whitening needs maintenance. Regular 6monthly professional cleans will keep your colour lasting longer.

Diet (coffee, tea and smoking) will discolour your teeth and as you age, the centre layer of your tooth becomes darker.

Everybody is different but repeating the above steps every 6-12months (some people may need to do every 3months) for a few days will revamp your colour and keep the teeth looking whiter for longer.

If you have any enquiries throughout your whitening feel free to give us a call.

***Happy Whitening!!***



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