

INSTRUCTIONS FOR HOME WHITENING

- Apply a tear drop amount of whitening gel into each tooth compartment of the tray. You may want to apply a little more in the compartments at the front since these are the teeth you are probably most interested in whitening. Remember, because your trays are custom fitting applying too much gel will cause it to squirt out around your gums. This can cause irritation to the gum which should be avoided.
- Your whitening trays are custom fitting, they will not fit anyone else's teeth. Your upper trays will only fit your upper teeth, and your lower trays, only your lower teeth.
- Make sure you have brushed your teeth and flossed them before using the whitening trays.
- Make sure the trays are clean and free of previously used gel. You can clean the trays by rinsing them under cool water and using clean fingers or a toothbrush to clean out the individual compartments
- Wear the trays for 3 hrs before you go to bed or overnight.
- The whitening gel will last you 2-3 weeks. Each syringe being designed to last you 2-3 days. You will be given 8 syringes in total.
- Do not eat or drink anything whilst you have the trays in place.
- Over the 2-3 week period that you are whitening your teeth, you need to avoid things which stain your teeth. These include: Tea, coffee, red wine, smoking of any sort (tobacco products), Chinese and Indian food or any kind of food that contains colouring, berry pie, cola, soy sauce, mustard or ketchup, red sauces. Avoid these products for 2 days following the completion of tooth whitening.
- Tooth whitening can be associated with sensitivity. If the teeth are overly sensitive stop wearing the trays for a night or two or apply a small amount of Sensodyne toothpaste to

the individual compartments instead of the gel. If you are concerned please call the practice.

- Please keep your whitening gel in the fridge, it will keep for longer.
- The results of tooth whitening cannot be predicted. Home whitening however is generally the most effective and longest lasting way of whitening your teeth. It tends to last between 1-3 years.
- You can top up the effects of whitening by purchasing and using more whitening gel in a year or two.
- Your whitening trays will not fit if you have treatment to move teeth (orthodontic treatment) or change the shape of your teeth (veneers, crowns)
- Fillings or crowns will not whiten, so you should be aware that you may need the fillings or crowns changed following tooth whitening so that there is not a colour discrepancy.

[If you have any problems please call Ethicare Dental on 02088705059](tel:02088705059)