



## **TEETH WHITENING – PATIENT INFORMATION**

- Your whitening kit is a dentist controlled take-home bleaching system.
- It works by liberating stains and pigments which have been incorporated within the enamel of the teeth.
- The degree of lightening of the teeth is dependent upon the individual.
- Fillings, porcelain and other restorative materials will not whiten.
- Teeth usually whiten less, or more slowly, next to the gums than at their tips.

### **PROCEDURE**

1. The custom made bleaching tray is worn whilst asleep or during the day.
2. Thoroughly brush your teeth.
3. Express the content of the syringe evenly into the deepest portion of the tray, and on both tongue and cheek side of back teeth.
4. Seat tray completely and firmly onto teeth.
5. Gently wipe off excess gel with toothbrush or clean finger.
6. Rinse mouth with water twice. Do not swallow rinses.
7. When tray is removed, clean with cool water and place in the case provided.
8. Do not eat, drink or smoke with tray in place.

### **PRECAUTIONS**

Mild discomfort can be a normal part of the procedure. However, if sensitivity is experienced then stop wearing the tray for a few days.

A fluoride mouth rinse can help to desensitise the teeth.

If there is any soreness irritation of the gums, again you should pause to let this resolve and then resume the bleaching.

Avoid highly coloured food (for example: curry, red wine, blackberry, blueberry, etc.) before finishing the whitening procedure.

Keep your whitening kit away from heat or sunlight.