

Home Bleaching Instructions

There are many factors that can affect the shade change of your teeth, so it is important to have realistic expectations before and after whitening. It is important to understand that whitening will not affect anything but the natural tooth. Any fillings, white or silver, crowns, veneers and dentures will not change in colour. Teeth are naturally darker along the gum line. Factors like current shade and staining, certain foods, habits (like smoking) and medications can impact your whitening success.

Once you have achieved your desired results, it is up to you to maintain your bright, white smile. It takes just as long to stain your teeth again as it did in the first place. The product you have been provided with is a controlled, supervised, take-home bleaching system, dispensed in syringes. It contains either hydrogen peroxide or carbamide peroxide gel with potassium nitrate and sodium fluoride. People with a history of chemical intolerances and allergies should carry out allergy testing before using this product.

How to Use:

1. Brush and floss teeth before inserting tray.
2. Place a small amount of sensitive toothpaste into the trays provided and place them over your teeth for 10 minutes. Remove trays and rinse the toothpaste out of your mouth and tray with water.
3. Place a tiny drop of bleaching in the front of each tooth in the tray as shown in the patient information brochure. We recommend that you only bleach the front 6-8 teeth, which are the most visible. The average treatment per arch requires approximately 0.5ml of gel.
4. Once inserted lightly tap to adapt tray sides to teeth. Remove excess gel from the tray edges with a clean cotton bud. Wear trays for the period mentioned to you by your dentist.
5. Once this time has lapsed, remove trays and rinse your mouth twice, do not swallow rinsed gel. Clean out bleaching gel from the trays. Follow step 2 with the sensitive

toothpaste Store the trays in the case provided and store gel in a cool dry place away from heat and direct sunlight.

6. Repeat this process as instructed until the desired level of whitening is attained. For Effective Results: Regardless of the whitening product you use the time the teeth stay white after whitening depends mainly on you and your lifestyle.

Do not eat, drink or smoke during treatment. Do not smoke immediately after treatment, wait for at least two hours. Foods and drinks containing strong colours should be avoided during the treatment period or consumed in moderation. Precautions For some people, tooth whitening causes sensitivity, most often sensitivity is temporary and treatable. Using a desensitizing toothpaste should help. After Brushing your teeth with sensitive toothpaste, you can additionally place the desensitizing toothpaste into the whitening trays just as you do the whitening gel and leave for 30 minutes.

A diet low in acidic foods and drinks may also help. If sensitivity persists, please contact us. Pregnant or women who are breastfeeding should not use whitening products.

Keep whitening gel out of reach of children Do not swallow gel or rinsed gel. Products contain peroxide and swallowing large amounts can be harmful. If a large amount is ingested drink plenty of milk or water and seek medical advice. If the gel makes eye or skin contact wash thoroughly with water and seeks medical advice if symptoms persist.

Regular dental check-ups and cleaning are important before and after bleaching to maintain a healthy smile.

If you are interested to get more information, either for yourself or your child please contact [02 9723 5757](tel:0297235757) for an initial consult.