

General information for Home Tooth Whitening

Home whitening using well-fitting laboratory made trays and professionally prescribed whitening agents, is a successful, gentle and well established technique for improving the shade of your teeth.

Remember that some people have teeth that will whiten quickly, and others have teeth that will take a little longer to improve in colour. Please be patient with the process and you will see a change in tooth shade that improves your smile.

Before attempting your first whitening session, please practise inserting and removing your bleaching trays. Always do this in front of a mirror and take your time. You will improve your skills as you practise. Don't worry if the trays seem to be a little loose at this stage, they will be retained firmly in your mouth when the whitening gel is used. You can use upper and lower trays together or individually as you wish.

The best way to whiten is to insert the tray(s) before you go to sleep and to wear them overnight. If you do not wish to do this they can be worn for sessions of 2 to 3 hours during the day. Periods of use of less than 2 hours are not really worthwhile.

Do not wear the trays for more than one session in any 24 hour period. Other than this, you can whiten as often or as infrequently as you wish. The more often you wear the trays, the more quickly you will achieve the result you want. There will be an incremental improvement in the shade of your teeth each time you use the trays.

Should your teeth become temporarily sensitive after whitening, you can use a sensitive toothpaste such as **Sensodyne** or an alcohol free fluoride mouthwash such as **Colgate Fluorigard AF** to help reduce this. If your teeth do become sensitive or if the gum tissues become sore, please stop whitening for a few days to allow the symptoms to resolve.

You may notice that some areas of your mouth whiten more quickly than others. Teeth that are bulky, such as the upper canine teeth, may whiten more slowly than smaller teeth such as the lower incisor

teeth. If this is the case, apply gel only to the parts of the tray(s) that fit to the slow areas for 1 or 2 sessions. This will allow the whitening effect to even out.

Instruction for Home Tooth Whitening

1. First, thoroughly clean and floss your teeth. Rinse well. This is very important.
2. Apply a line of gel from a syringe into the reservoir areas of the trays that fit over the front surfaces of the teeth. **Do not use too much gel** – 1 syringe should be enough for 3 to 4 applications to a tray.
3. Sit in front of a mirror and insert the tray(s). Press the tray down firmly and allow any excess material to extrude. Wipe away any excess gel from the gums with a dry tissue. If there is no excess gel, then you may have been a little mean with your gel application. If there is substantial excess gel extruded, then you have used more gel than you needed this time.
4. Wear the tray(s) overnight or for 2 to 3 hours during the day. After the first session, you should be able to carry on more or less normally with tasks at home if you are wearing the trays during the day.
5. At the end of the session, gently remove the tray(s) from your mouth. You will find that the residual gel is quite sticky and the trays will take a few moments to remove. Brush your teeth thoroughly and then clean your tray(s) in **cold** water only, gently using a toothbrush to remove any residual gel.
6. Store your tray(s) in the box provided to protect them until the next session.
7. Try to avoid highly coloured foods and drinks for a period during, and for 1 week after, using your trays.
8. The maximum whitening effect is normally achieved after 7-10 sessions (days).

Please let us know if you have any queries or problems and we will be pleased to help. If we don't hear from you, we will assume that you are doing well!