

TAKE HOME DEEP BLEACHING INSTRUCTIONS

BRUSH YOUR TEETH

just before sleep, brush your teeth (and rinse) immediately prior to whitening.

FILL WHITENING TRAYS

squeeze a dab of bleach gel into each tooth on the inner side of the outer walls of the whitening trays (except in the very last molars).

PUSH THE TRAYS BACK AGAINST THE TEETH

the gel is thick and the trays are flexible, so it's important to gently push the tray back against the teeth at the gumline to seal out saliva.

WIPE OFF ANY EXCESS

bleaching gel left on the gums will cause irritation.

KEEP BLEACH IN THE FRIDGE

when not using. This will extend the life and help maintain it's effectiveness.

DO NOT EAT OR DRINK WHILE WEARING TRAYS

as this will cause the bleach material to be washed away.

IN THE MORNING REMOVE TRAYS

and rinse your mouth with warm water. Brush your teeth as normal.

CLEAN TRAYS GENTLY UNDER COLD WATER

warm water will distort the fit

AVOID STAINING FOODS, DRINKS AND HABITS

ideally stay away from (or reduce) staining foods and drinks, such as coffee, tea, red wine, cola during the whitening period and for a few days after. Also stop or reduce smoking.

USE SENSITIVE TOOTHPASTE

before and during the whitening period to reduce sensitivity. You can also use the toothpaste in the trays to relieve acute sensitivity.

EXPECT SOME SLIGHT DISCOMFORT

from your teeth and gums through the whitening period. Ibuprofen may help slight aching. Call our clinic if you have severe pain or any concerns.