

Teeth Whitening Instructions

1. Brush and floss teeth.
2. Place a small drop of gel into the front surface of the tray in the teeth that require bleaching. Use about the size of a peppercorn.
3. Make sure the tray is seated fully in the mouth.
4. Wipe away excess gel in the mouth with finger.
5. Wear 1-3 hours daily- if sensitivity develops, leave out for 1 day. If sensitivity persists contact your dentist. An increase in tooth sensitivity is quite normal during the course of bleaching, this will resolve soon after bleaching has stopped.
6. After treatment, remove tray. Rinse tray and mouth with warm water.
7. Avoid coloured food and drink during course of bleaching.
8. To maintain the new lighter tooth shade, keep your trays and do a single top up treatment approximately once a year after a cleaning visit. You can purchase more bleaching gel at the practice for about \$22 per tube.