

TOOTH WHITENING INSTRUCTIONS

HOW TO USE

1. Each tube of whitening gel should last around 1 week
2. Twist the application tip and this will allow gel to be released
3. Before using the whitening trays, clean your teeth with a sensitive toothpaste.
4. Place a small amount (yellow arrow) of whitening gel inside each tooth on the tray, on to the front surface.
5. Swallow any saliva and breathe air in through your mouth to dry the teeth.
6. Place the whitening trays into your mouth and wear for 2-4 hours.
7. Repeat the process.



REMOVING AND CLEANING WHITENING TRAYS

Remove the whitening trays and keep clean with a manual toothbrush and cold water.

- When a deep clean is needed, use a retainer cleaning tablet such as Clean'ners or Retainer Brite.

FAQ's

- Each tube should last at least 7 days.
- Using too much gel WON'T whiten the teeth quicker. Excess gel irritates the gums causing discomfort.

Duration: We advise when patients are whitening for the first time that they whiten for around 3 weeks.

Sensitivity: This is normal during the first 3-4 days. If sensitivity is severe consider whitening every other night, and on the alternating nights wear the whitening trays with sensitive toothpaste rather than whitening gel.

Top Up Frequency: This is usually required once a year, for one week, however this will be more frequent if you smoke or drink lots of coffee, tea or red wine.

Top Up Whitening Gel: Additional cost of £25 per tube. Please bring your whitening trays to routine dental health check appointments so we can re-assess the fit before providing top up gel.

Questions?

Please do not hesitate to get in touch.

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