

Whitening

Patients Guide



- Floss and brush your teeth.

- Place a small dot of gel in each tooth compartment in the tray.

Important: Use extra care to avoid getting gel on your gums. Remove excess gel with a cotton swab or a dry toothbrush. Overloading trays with gel may cause temporary gum irritation.

- Place the tray with gel in your mouth. Bubbling within trays is normal.

- After whitening, rinse trays with cold water. Use a toothbrush to remove any residual gel. Place trays in the storage case and store them in a cool and dry place.

- Rinse your teeth to remove excess gel.

- Do this for 10-15 days until you are happy with the new shade of your smile

Notes:

- Do not eat, drink or smoke while wearing your custom trays.
- It is normal to see dark colours in trays where you have amalgam (silver) fillings.
- The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

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Expectations and Optimum Results

- Results vary by patient. Anatomy, age, tooth condition, hygiene and starting shade heavily impact results.
- It is important to have realistic expectations about the final results.
- Note that crowns, veneers, fillings, dentures and restorations will not whiten and may require replacement following the whitening procedure.
- The final shade will be achieved in about 2 weeks after your whitening treatment.
- If whitening before having cosmetic restorations done, please ensure that the final shade of your teeth is achieved 2 weeks before your appointment. It will ensure a satisfactory result.

Post-treatment

- Avoid staining foods, drinks and tobacco after each treatment.
- Continue good oral hygiene; using an electric toothbrush will help keep results longer.
- Store any remaining whitening gel in a cool, dry place for later use. Do not freeze.

Potential Adverse Effects

- Adverse effects that may be associated with using a whitening product containing peroxide include sensitivity and gingival irritation.
- Trays that extend onto the gingiva (gums) may cause soft tissue irritation.
- If you are experiencing sensitivity, reduce the amount of gel in your trays. Teeth whiten when HP is absorbed into the tooth and whitens from the inside, so it is not important to cover the entire tooth.
- If all the above options have been exhausted and you still have gum irritation or tooth sensitivity, treatment should be ceased until irritation/sensitivity subsides. Resume treatment with shorter, less frequent applications until desired whitening effect has been achieved. If discomfort continues, discontinue the treatment and consult your dental professional.