

## At Home Instructions For Whitening For Life

1. Brush your teeth thoroughly and floss as normal
2. Please remember to use only a small amount of whitening gel.
3. Attach the tip to the syringe containing the tooth whitening gel. Extrude a small blob/dot of gel into the deepest part on the cheek side of the teeth to be bleached. About one quarter of the syringe will usually be necessary for the whole arch.
4. Seat the tray over the teeth and press down firmly.
5. Use your finger to remove any excess gel that will flow beyond the edge of the tray
6. The tray should be worn for a minimum of
  - 6% Hydrogen Peroxide. Use for 30 -90 minutes once a day
7. When you remove the tray/s, brush your teeth as normal and lightly clean the bleaching trays with your toothbrush and cold water to remove the residual bleach. Store the trays in the container provided.
8. DO NOT USE WARM/HOT WATER as the trays will distort.
9. Do not eat, drink or smoke whilst breaching the bleaching tray
10. Keep the unused syringes of bleach in your fridge.
11. Stop whitening once you are happy with the shade of your teeth.

### DIET ADVICE

- During the whole of the whitening treatment period (four weeks) and for 48 hours after completion, please DO NOT consume dark or yellow staining substances such as:
  - All tobacco products, curries, coloured lipstick, coffee, tea, red wine, tomatoes, soft drinks, coloured crisps, mustard, ketchup, berries, red sauces and soy sauce. and for a further 24 hours after completion, avoid hot and cold drinks, citrus fruits and fruit juices which are known to contribute towards sensitivity.
- Stick to a “white diet” for best results.

### SENSITIVITY

- In the unlikely event that you experience any sensitivity during your home whitening treatment, you should check that you have not used too much gel or whitened your teeth for too long.

- Bleaching should be stopped for a day or two and then recommenced.
- Take whatever painkiller you would normally take for a headache and brush with Sensodyne or a sensitive toothpaste (preferably containing potassium nitrate) can be placed in the tray and this can be worn at night.
- Tooth mousse can be smeared over your teeth instead of toothpaste. Do not rinse out. Alternate one day tooth mousse and other day whitening. After whitening has completed, continue to use tooth mousse every 2nd day for 2 weeks.
- Acidic drinks and fruit should be avoided as these are known to cause sensitivity of the teeth.

When you have achieved the whiteness you require, please keep your bleaching trays so they can be used for 'top-up' treatments. Some patients may never need to repeat the process, however if you feel your teeth are becoming stained again the treatment can be repeated for a night or two.

\*Remember: Once a year, if you need a free top up tube of whitening gel, please let us know. If you would like to purchase more whitening gel, please call us on 01487 830438. Replacement trays are charged at £95.00

**PATIENT CONSENT:**

I have read and understand the above information and have received a copy of the instruction sheet for home teeth bleaching. I consent to the treatment proposed and confirm my understanding and acceptance of the associated risks outlined to me.

I consent to photographs being taken to document and illustrate the results of my treatment.