

# Tooth Whitening



Tooth whitening is carried out using a bleaching gel, which is placed in contact with the teeth using a custom made tray. It is important that the following instructions are complied with.

- Brush your teeth thoroughly before using the gel.
- Do not over fill the bleaching tray, using the syringe provided, load the tray by placing a small bead on the front surface of the tray, halfway up the tooth surface.
- Insert the tray into the mouth, over the teeth to be whitened. Wipe off any excess gel so that no gel is in contact with the soft tissue of the gums, gently rinse with water but do not swallow.
- Leave the gel in contact with the teeth overnight (6 to 10 hours is enough time).
- After use remove the tray and rinse your mouth out thoroughly using water and brush your teeth until all traces of gel are removed. You may wish to use a sensitive toothpaste and a soft toothbrush for this as your teeth may be more sensitive than normal.
- Do not eat or drink highly coloured foods such as curry, blackcurrant juice, strong coffee or red wine whilst undergoing treatment.
- Rinse and clean the tray thoroughly after use with cold water using a soft brush.

## STOP USING THE GEL:

- If the teeth become very sensitive.
- If the gums become ulcerated or sore.

We normally review progress after 2 weeks of treatment. We measure the shade of the teeth before commencing whitening as a baseline.

It is important that you understand that tooth whitening is not always successful as this depends on the individual composition of the teeth and following the instructions given.

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