



HETTON DENTAL PRACTICE

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USAGE INSTRUCTIONS FOR PROFESSIONAL DENTAL WHITENING GEL

1. Prior to Treatment:

Brush and floss just prior to whitening your teeth. The whitening gel is most effective with clean teeth. Try the trays in first without any bleach to check the fit and comfort. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.

2. Applying the Bleaching Gel:

When you apply the gel make sure not to overfill the trays. Place a SMALL drop of tooth whitening gel half way up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. Recap the syringe for next treatment until empty. The average treatment per arch requires approximately 0.5ml of whitening gel.

3. Inserting the Bleaching Trays:

Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums, by holding the tray up with one hand, wipe the excess gel off of the gums with your finger or tissue. Wear the tray with the gel as directed below.

4. Wearing Time:

We recommend that if you have not whitened before, use 2-4hrs the first time and increase the wearing time if there is little or no tooth sensitivity.

For Carbamide Peroxide Bleaching Gels:

- 10% or 16% strength can be used 2 to 4 hours once or twice/day or overnight while sleeping if no sensitivity

5. After Whitening:

Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning. Apply desensitising gel if your teeth become too sensitive - follow steps 1 through 4 again using the desensitising gel.

6. Caring for Your Trays and Gel:

Clean whitening trays with a toothbrush or Q-tip and **cold** water. Store trays in the tray holder and gel in **cool dry place** away from heat and direct sunlight. The gel may be refrigerated to prolong the shelf life, but do not freeze.

7. Foods:

Your teeth will become very porous when undergoing whitening. It is recommended that you stick to clear/white/bland coloured foods for up to 2 days after the final whitening session to avoid soaking up the colouring in food.