

TEETH WHITENING

WHITENING INSTRUCTIONS



CONGRATULATIONS ON PURCHASING YOUR WHITENING KIT! HERE ARE SOME SIMPLE TIPS TO HELP YOU AT HOME

- Brush and floss teeth. Take a syringe out of the kit. Remove the cap and insert a dispensing tip by twisting it securely onto the syringe.
- Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.
- Seat the tray with the gel around your teeth.
- Wipe away any excess gel on the gums with your finger, a tissue or a dry soft tooth brush.
- Wear the trays in your mouth AS DIRECTED directed by our team. This will depend upon the whitening kit purchased, Day kits are advised to be worn as a single session once a day for 45 minutes. Night kits are advised to be worn overnight.
- After treatment, remove tray. Rinse tray and mouth with lukewarm water to avoid thermal sensitivity.
- Brush teeth. Repeat the procedure daily until all material is used.



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MAINTENANCE ADVICE

POST TREATMENT MAINTENANCE

During the time you are whitening, and for 48 hours after, avoid :

- smoking
- highly coloured foods : red sauce, blueberries, ketchup etc.
- dark beverages coffee, tea, red wine etc.)
- basically avoid anything that would stain a white shirt

Remember Mild sensitivity to hot or cold liquids may occur. This usually passes within 1-2 days. If sensitivity is severe or persists, contact us for further advice. If you experience gum sensitivity do not brush the afflicted area while brushing your teeth.

Watch out! Immediate whitening results can be quite dramatic due to minor dehydration of your teeth. It is normal for the colour to tone down somewhat after treatment when your teeth rehydrate to a natural white tone.

Long term results vary from patient to patient. This can depend on the original shade of your teeth and include habits such as smoking or drinking coloured beverages (red wine, coffee, tea, etc.)

“Touch-up” treatments are recommended every 6-12 months to retain colour.

Existing fillings, crowns, bonding, etc. will not whiten. Therefore, these may need to be changed in order to match your new smile.

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POST TREATMENT MAINTENANCE

REVIEW APPOINTMENTS

To enable us to help you to maintain and care for your teeth whitening and importantly general Oral Health, we recommend you regularly attending every 4-6 months for Oral Health checks and Hygiene visits.

- Whitening is not a once on a lifetime event - your results will fade over time. How long whitening lasts varies between each individual and depends on a number of factors, including: age, starting tooth shade, history of trauma to teeth, diet, oral hygiene, and smoking.
- We recommend maintaining your whitening results with a touch up syringe once every 6 months. Whitening is most effective after having your teeth professionally cleaned, and regular maintenance requires less work and less material.

p.s- Dazzle with your New Smile! If your family or friends notice your new smile, let them know that we can help improve their smile too!

