

# **TEETH WHITENING INSTRUCTIONS**

## **HOW TO USE MY WHITENING TRAYS AND GEL**

Teeth whitening is personal to you. Every patient's tooth anatomy and thickness of enamel is different, so results will vary from person to person.

- After brushing and flossing your teeth, dry your mouth as much as possible by swallowing and removing any excess saliva in the mouth.
- Place a small amount of whitening gel, as shown by the dental team, into the tooth well. We usually advise to avoid the molar teeth as they are not in the smile line and it unnecessarily uses up the gel.
- **DO NOT OVERFILL.** Using more gel does not increase the speed at which your teeth will whiten but will cause burning if the gel expels out of the tray and onto the gums. Wipe away any excess gel from the gums.
- Wear the trays for a minimum of 1 hour per day for the Day Whitening kit and 6hrs per night (minimum) for the Night White kit.
- Clean your tray with a toothbrush, regular soap and cold water only. Warm water will warp the tray and it will no longer fit.

## **SENSITIVITY**

All whitening systems cause your teeth to become dehydrated, which can make your teeth temporarily sensitive to cold temperature, air and sweets.

The sensitivity can range from very mild to quite severe. This is normal and will usually resolve. If it is becoming increasingly uncomfortable, please contact the clinic for further instructions.

If you are one of the small percentage who experience severe sensitivity, apply a thin layer of Sensodyne toothpaste to your whitening tray and wear them overnight. You may have to do this for a few nights. Ibuprofen (Advil), also helps reduce tooth sensitivity.

You may also skip 1 or 2 nights of whitening until the sensitivity has subsided, at this stage you can start again.

## **KEEPING YOUR NEW WHITE SMILE**

Your teeth are most susceptible to darkening/discolouring during the 1-2 week period that you are whitening your teeth and for the first two weeks after. During this time, avoid consuming anything with dark-staining pigments. Examples of things to avoid are: coffee, tea (including green tea), red wine, tobacco, tomato sauce, dark gravy, cola, carrot soup, curry, dark candies, berries and berry juices, and dark popsicles. If you require more whitening gel or wish to top up

your whitening later in the year or for an event or occasion etc, you can purchase additional syringes from the clinic directly.