



## INSTRUCTIONS FOR TOOTH WHITENING

1. The active ingredient is Hydrogen Peroxide in a glycerine base. If you know of any allergy or are aware of any adverse reaction to this ingredient, please do not proceed with this treatment. The gel used may cause irritation if it comes into contact with your skin or eyes. If this occurs wash the affected area thoroughly with water.
2. Before using the whitening gel, clean your teeth thoroughly with fluoride toothpaste.
3. Apply the gel carefully into the front of the trays (a small drop - less than pea sized).
4. Fit the trays into the mouth. If any excess gel is pushed up over the rim of the tray then wipe it away with a cotton bud, dry toothbrush or tissue.
5. You should wear the whitening tray for 2-3 hours (for the 6%HP), which is a session. If you have the lesser concentration gel (10% or 16% CP) then wear the trays for 3-4 hours.
6. After the session, remove the trays and rinse them under cold water, you can use a toothbrush to remove any remaining gel.
7. Gently clean teeth with normal toothpaste.
8. Try to avoid any staining foods for 24 hours after the session such as red wine, coffee, tea, tomato juices, curries, and beetroots.
9. The bleaching agent contains a desensitising agent ACP (amorphous Calcium Phosphate), but should you experience some post whitening sensitivity you can use a de-sensitising toothpaste to help reduce the symptoms. You can put the toothpaste in your trays for a longer effect.
10. This treatment should not be undertaken if you are pregnant or think you may be pregnant. Whilst no adverse reactions have been reported, the long term clinical effects are unknown.
11. When you have achieved the whiteness you require, please keep your bleaching trays so they can be used for 'top-up' treatments. These top-ups vary depending on patient preference. But often just one session every 3 or 6 months.
12. If you have any whitening gel left over then this should keep for up to one year. Some recommend to keep the gel refrigerated but our suppliers have indicated that there is no benefit.
13. If you experience any problems or have any concerns please call the practice for advice on **01425 489283**

**SEE OUR LEAFLET FAQ'S FOR OTHER INFORMATION REGARDING TOOTH WHITENING**