

Flynns Dental Care Guide to Tooth Whitening

Please read the instructions below on how to use the tooth whitening gels and customised whitening trays you have been given.

- Brush and floss your teeth before starting the whitening process.
- Place a small drop of gel into each compartment of the tray for the teeth undergoing treatment. Your dentist will show you how to do this.
- Make sure the tray is seated correctly in your mouth.
- Wipe away any excess gel with a tissue.
- Leave the tray in for 2 hours. After this the whitening agent will be diluted by the saliva and its effect reduced.
- Remove the tray. Rinse your mouth with water.
- Brush your teeth.

DO NOT:

- Do not eat while wearing the tray. Do not chew on the tray. Do not try to suck out any gel from the tray.
- Do not smoke during the whitening process.
- Do not eat or drink 'stainers' (e.g. tea, coffee, red wine, curry) during the whitening process, or for 48 hours afterwards.

WARNING:

- Your teeth may become sensitive during the whitening process. This is temporary and should resolve within 24 - 48 hours.
- If your teeth become sensitive you can use a toothpaste designed for sensitive teeth (e.g. Sensodyne). You can also leave the tray out for 1 - 2 days and recommence the whitening when the sensitivity has resolved.