

## White Spot Remineralisation Instructions

White spot lesions can often be treated very conservatively, without the need for composite bonding or porcelain veneers. The aim of conservative treatment is to remineralise the enamel patches (which decreases their stark brightness), and slightly whiten the teeth as well. The treatments of tooth whitening and enamel remineralisation are synergistic, and both will work best when combined. Accordingly you should try to perform this sequence of application each day for at least four to six weeks to obtain the best results.

### General procedure

On the first night, apply Tooth Mousse to your teeth after brushing and about 30 minutes before bedtime. Tooth Mousse is applied by putting a pea-sized blob of the paste on your finger, and simply rubbing it onto your teeth. Then, just before retiring for the night, load your whitening trays and place them onto your teeth.

The next morning, remove the trays, rinse the residual gel from your mouth, apply Tooth Mousse and then go about your morning routine (breakfast etc.). Before you leave home, brush your teeth and then apply Tooth Mousse again.

If possible, try to apply Tooth Mousse again around lunchtime, as Tooth Mousse is only effective for up to four hours. In the evening, after dinner, repeat this sequence.

### Instructions for Whitening

1. Place a small drop of gel in each tooth section of the tray, for each tooth to be whitened. Load the gel on the inside of the front surface of each tray. Do this first (taking the gel directly from your fridge where it should be stored)
2. Dry teeth with a tissue before inserting trays (saliva on teeth can negate the whitening gel)
3. Insert the trays into your mouth. (Be certain the tray is in place, a lot of gel coming out at the tray may indicate you overloaded it).
4. Wear your trays overnight as you sleep. The longer the contact, the better.
5. Upon waking or after a treatment session, remove the tray, rinse your teeth and apply Tooth Mousse.
6. Remove any remaining gel from the tray with a toothbrush and cold water, use liquid soap if needed, not toothpaste. Dry and place the trays in the storage case provided, until their next use.

### For Best Results

- Do not eat, drink or smoke while trays are in your mouth.
- Throughout your whitening treatment, avoid citrus fruits and juices, as they may cause tooth sensitivity.
- Do not overload the whitening tray with gel as gum tissue irritation may occur.
- Do not interrupt the overall treatment. If a day or two is skipped, extend the process an equal number of days. The optimum improvement will take between four and six weeks, though sometimes longer.
- Gel should be stored in the refrigerator, and out of direct sunlight. Heat and light rapidly degrade the gel.

**NOTE:** This system should only be used under the supervision of a dental professional. Sensitivity is not unusual and normally only lasts a couple of hours after each application. If discomfort should continue, discontinue use of the system and contact us.