

Whitening Instructions

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. Brush and floss your teeth
3. Dry teeth with a tissue before inserting trays (saliva on teeth can negate the whitening gel)
4. Insert the trays into your mouth. (Be certain the tray is in place). Excess gel coming out of the tray indicates it was overloaded with gel.
5. Wear your trays overnight as you sleep. The longer the contact, the better.
6. After a treatment session, remove the tray, rinse your teeth. Apply Tooth Mousse if needed for sensitivity. Do not brush your teeth for at least one hour after whitening.
7. 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 next used.

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.

FOR BEST RESULTS

- Do not eat, drink or smoke while trays are in your mouth.
- Try to use trays while you sleep as you will salivate less and wash less gel off your teeth.
- Throughout your whitening treatment, avoid citrus fruits and juices, as they may cause tooth sensitivity.
- Maintain good oral hygiene throughout treatment.
- Do not overload the whitening tray with gel as gum tissue irritation may occur.
- Try not to interrupt the whitening treatment. If a day or two is skipped, extend the process an equal number of days.

IN GENERAL

- The area of tooth along the gum line is naturally darker and may take longer to lighten than the biting edge. The dentine of the root is different and it may not change colour as much as the crown of the tooth.
- Some patients experience sensitivity with whitening. Contact us if tooth sensitivity or gum irritation becomes severe.
- Whitening gel should be stored in the refrigerator, and out of direct sunlight. Heat and light rapidly degrade the gel.

PRECAUTIONS

- Whitening gel may cause irritation to the eyes or skin. Wash with water if contact occurs.
- Do not use this whitening product while pregnant or lactating.
- Sore throat or nausea may be experienced if excessive whitening gel is swallowed. After inserting the tray with gel into the mouth, use a tissue or finger to gently remove excess gel.
- We use only high quality, fresh batch gels in our whitening systems. This guarantees the best possible results. We prefer to use lower concentration gels as they cause less tooth sensitivity, allow longer contact times, and provide very good, even tooth whitening. (Higher concentrations do not lead to greater whitening and there is very little scientific research on their safety and efficiency).

perfect smiles