



At home bleaching instructions

1. Brush your teeth thoroughly and floss as normal.
2. Attach the tip to the syringe containing the tooth whitening gel and extrude a little of the contents of the syringe into the deepest part on the cheek side of the teeth to be bleached in a small blob for each tooth. About one-quarter of the syringe will usually be necessary for the whole arch.
3. Seat the tray over the teeth and press down firmly.
4. A finger, a tissue, or a soft toothbrush should be used to remove excess gel that will flow beyond the edge of the tray.
5. The tray should be worn for a minimum of 30 mins during the day/evening.
6. After session remove the tray and wipe the residual gel from your teeth using tissues. Rinse out the tray with cold water and clean it using cotton buds. Store the trays in the container provided.
7. If bleaching upper and lower teeth you can wear upper and lower trays at the same time.
8. Do not eat, drink or smoke while wearing the bleaching tray.
9. The whitening syringes should not be exposed to heat or sunlight.
10. Keep the unused syringes of bleach in your fridge. Take out about 5 mins before use. **Do not freeze.**

Precautions

- Foods and juices high in acid may cause sensitivity.
- Do not use tobacco products, eat or drink while bleaching.
- Do not use tobacco products, or drink red wines, dark juices, coffee, tea, mustard, ketchup, soy sauce, chocolate, red fruits, beets, cola products and including dark fizzy drinks (food/drinks with acidic pH levels) immediately after bleaching and during the bleaching period.
- Drink dark juices, coffee, tea, dark soda, colas through a straw whenever possible.



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Notes

It is counterproductive to change the bleaching material more than once a day, as this has been shown to increase sensitivity, which, in turn, means the patient will usually stop bleaching because of the sensitivity.

It will probably take about four weeks to achieve a satisfactory result. Yellow brown stained teeth will take significantly longer than this and grey/blue tetracycline stained teeth will probably not respond at all well to bleaching. An alternative line of treatment, e.g. veneers, or crowns may be necessary under those circumstances.

Sensitivity

Some patients experience sensitivity while bleaching. If this happens bleaching should be stopped for a day or two and then be recommenced. Take whatever painkiller you would normally use for a headache, and brush with Sensodyne or a sensitive toothpaste (preferably containing potassium nitrate) can be placed in the tray and this can be worn at night. Potassium nitrate containing toothpaste will probably be more effective than other sensitivity toothpastes at reducing sensitivity. Acidic drinks and fruit should be avoided as these are known to cause sensitivity of the teeth. Very rarely temporary discomfort of the gums, lips and tongue can occur. These usually reduce dramatically once bleaching stops.

Warmest Regards,
Dr. Sarita Atreya