

Tooth Whitening Instructions

The solution used in the 'take-home' whitening process is 10% Carbamide Peroxide. This is proven to give the best, long-term result when whitening your teeth. The following instructions are designed to get you the best result with the least amount of discomfort. As long as you are not developing any sensitivity this may be done once to twice per day.

1. Floss and brush your teeth so they are clean prior to carrying out the process.
2. In a counter clockwise motion, twist and pull off the clear plastic cap from the end of the syringe.
3. Place the mixing nozzle on the end of the syringe and secure by twisting the mixing nozzle in a clockwise motion.
4. Place a small amount of gel in the tray strategically positioned on the front surface of each tooth compartment (about the size of the head of a matchstick).
5. Place the tray loaded with the gel in your mouth. As you insert the tray be careful not to push the gel out of the way. You may see "bubbling" within your trays while wearing them. This bubbling is actually part of the whitening process.
6. Keep the trays in place for **60-90 minutes**.
7. Use extra care to avoid getting gel on your gums. Remove excess gel with a cotton swab or a dry toothbrush.
8. After whitening, rinse the trays in **cold** water.
9. Brush and rinse your teeth to remove excess gel.
 - i. If we have prescribed Tooth Mousse, then apply this in the tray and place it in your mouth for another 30-60 minutes.
 - ii. After this, do not brush or rinse your teeth, but leave it coating them.
 - iii. Rinse the trays in cold water, place them in their storage case and store in a cool, dry area.

In general, some patients experience increased tooth sensitivity to cold during treatment, while others may have non-specific sensitivity in their teeth, gums, tongue, lips or throat. Should any of these symptoms occur stop treatment and the symptoms should subside within 1-3 days. You may then continue on with whitening. If they persist or are more than mild, discontinue the whitening process and contact us.

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If **gum irritation is experienced**, reduce the amount of gel used in your trays. Also, place your trays on your teeth and visually examine them. If the trays extend over your gums, be careful not to place the bleaching solution in these areas.

If **tooth sensitivity is experienced**, try whitening every second or every third night. If the sensitivity persists, try using toothpaste for sensitive teeth in conjunction with the whitening gel. If the discomfort continues, discontinue the treatment and contact us.

It is normal to see a dark colour in the trays where you have amalgam (silver) fillings. The gel will promote surface stains from these amalgam fillings.

The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.

Post Treatment - Some patients will never need to repeat the whitening process. However, if you notice that you are acquiring some staining, you may do a touch-up for one to three nights every 4-6 months.

Do

- Try to minimise consumption of coffee, tea, red wine and tobacco because these substances may re-stain the teeth during and after the whitening process.
- Continue good oral hygiene throughout the treatment.
- The whitening gel has a limited shelf-life and this should be noted. Store any remaining whitening gel in a cool, dry place for later use once the process is complete. Do not freeze.

Don't

- Use the treatment while pregnant or lactating.
- Overload whitening trays with gel as tooth and/or gum irritation may occur.
- Use any household or other whitening products to whiten your teeth.
- Eat, drink or smoke while wearing your custom trays.

First Aid Instructions

Avoid contact with eyes. If in eyes, hold eyelids apart and flush the eye continuously with cold running water. Continue flushing until advised by a Poisons Information Centre or a doctor, or for at least 15 minutes.

Do not swallow. If swallowed, do **not** induce vomiting.

If skin or hair contact occurs remove contaminated clothing and flush skin and hair with running water.

For advice contact your doctor or a Poisons Information Centre (Australia 131 126).