

Home Teeth Whitening Instructions

Whitening your teeth is a fabulous way to brighten your smile and enhance your teeth's natural beauty. Please follow these instructions for optimum results.

System Whitening Kit

Our most popular home whitening kit, the System Whitening Kit has TWO TYPES of whitening formula:

1x 6% Hydrogen Peroxide (HP) syringe; and
2x 16% Carbamide Peroxide (CP) syringes.

6% Hydrogen Peroxide (HP)

- **Use this formula first.**
- Load your trays as described below.
- Wear the trays daily for 90 minutes per day. If you have extremely sensitive teeth, you can break this wear down to 2x45 minute, or 3x30 minute sessions.
- Continue to whiten daily for 1 week.
- If you still have formula left in the syringe, replace the cap onto the syringe and store in a cool dry place for future use. You can continue to use the gel until its expiry date (shown on the syringe) and it does not need to be refrigerated.

16% Carbamide Peroxide (CP)

- **Use this formula second.**
- Load your trays as described below.
- Wear the trays daily for 4-6 hours per day. You should not eat or drink with your trays in situ, so we often advise you wear the trays at night whilst you are sleeping (you can keep the trays in for up to 9 hours).
- Continue to whiten daily for 2 weeks.
- If you still have formula left in the syringe, replace the cap onto the syringe and store in a cool dry place for future use. You can continue to use the gel until its expiry date (shown on the syringe) and it does not need to be refrigerated.

Sensitive Whitening Kit

Our Sensitive Whitening Kit only has one type of formula, it's easy to use and is a favourite with patients who suffer from sensitivity or can not tolerate wearing the whitening trays for hours at a time. Inside your kit you will find:



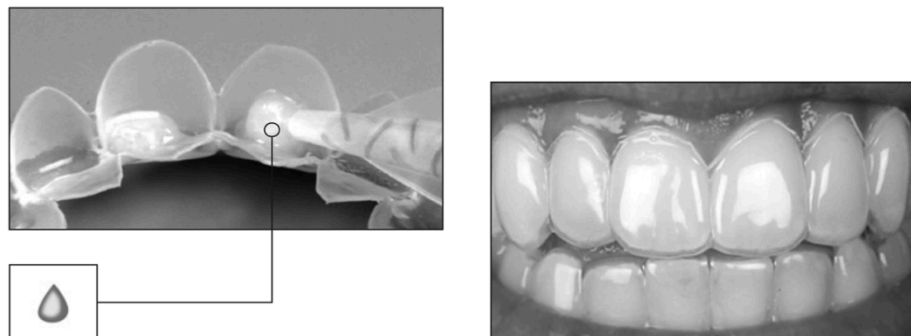
- 3x 6% Hydrogen Peroxide (HP) syringes.

Instructions

- Load your trays as described below.
- Wear the trays daily for 90 minutes per day. If you have extremely sensitive teeth, you can break this wear down to 2x45 minute, or 3x30 minute sessions.
- Continue to whiten daily for 3 weeks.
- If you still have formula left in the syringe replace the cap onto the syringe and store in a cool dry place for future use. You can continue to use the gel until its expiry date (shown on the syringe) and it does not need to be refrigerated.

Loading Your Trays

- Floss and brush your teeth.
- Place a small amount of gel in each tooth compartment in the tray using the tray dots as a guide.
- The gel drop shown represents the average size drop for each tooth compartment depending on the size of your teeth:



- Important: Overloading trays with gel may cause temporary gum irritation.
- Place tray with gel in your mouth and bite down to get a good fit.
- As you insert tray, be careful not to push gel out of the tray.
- Bubbling within trays is normal.
- Use extra care to avoid getting gel on your gums. Remove excess gel with a cotton swab or a dry toothbrush.
- After whitening, rinse trays with cold water. Use a toothbrush to remove residual gel.
- Place trays in storage case and store in a cool dry place.
- Rinse and brush teeth to remove excess gel.

Sensitivity

Whichever system you use you should expect to notice some sensitivity during whitening treatment. This is completely normal, indicating that the formula is working, and your teeth



are bleaching to a lighter shade. However, if you experience severe sensitivity this can be uncomfortable, and the following steps will help you to reduce this. If you are unable to tolerate whitening after following these steps, please get in touch for further advice.

Desensitising Pen

All our kits are supplied with a desensitising pen that can be used after each daily treatment if you are experiencing sensitivity. It is very simple to use:

- Remove the pen lid.
- Click the button at the base of the pen until solution can be seen coming out of the brushes at the top of the pen.
- Apply the solution directly onto the sensitive tooth/teeth by painting it on with the brush at the tip of the pen.
- Replace the lid on the pen.
- Reapply as necessary throughout the day.

Note, it is not advisable to apply the desensitising solution directly prior to whitening as it can reduce the effectiveness of the whitening. This is particularly important with the 6% CP formula as the trays are worn for such short periods.

Sensitive Toothpaste

Before, during, and after whitening you can use any sensitive toothpaste, and this will reduce the amount of sensitivity you experience during whitening. Any sensitive toothpaste brand may be used, whichever you prefer.

Additionally, for extra relief you can apply a small amount of sensitive toothpaste directly onto a sensitive tooth. Simply squeeze a small amount of toothpaste onto a clean finger and rub directly onto the sensitive area of the tooth.

Alternate Your Whitening Days

If you are really struggling with sensitivity, you can slow down the whitening process, this method doubles the treatment time from 3 to 6 weeks but is far more comfortable if you are experiencing sensitivity problems. Simply stop whitening daily and instead whiten one day, do not whiten the next day, then whiten again the following day, and so on. This method will give your teeth a break each day between whitening and should be used in conjunction with the sensitising pen and sensitive toothpaste.

Staining During Treatment

Please take extreme care during and after whitening treatment as your teeth will become susceptible to staining from coloured foods and drinks. This is because the bleaching



formula opens the pores on your teeth and coloured foods and drinks seep into the pores causing staining.

It takes about 2 weeks for the pores to settle after treatment and you should take care during this time with food and drink you consume.

Be cautious with any highly coloured food and drink, however some of the worst staining products are: turmeric, curries, red wine, coffee, and tomato-based sauces.

