

TEETH WHITENING INSTRUCTIONS



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Please ensure that both the manufacturer's instructions and the the guide below have been read thoroughly before commencing treatment to ensure minimal side effects and maximum results. If you have any enquiries about the treatment or the product, please don't hesitate to contact us!

Bleaching Instructions:

1. Prior to Bleaching:

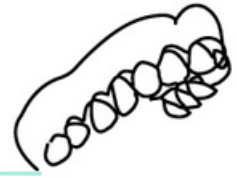
- In order to ensure that the bleaching gel is going to be 100% effective we recommend that you **brush and floss** your teeth **thoroughly** -ensuring to remove any plaque- so that the bleaching agent can have direct contact with the tooth surface and the bleaching gel does not deactivate.
- Before loading the bleaching trays with bleach, we recommend that you first **try in** the bleaching trays to ensure **comfort and fit**.
- Finally, we recommend that the **bleaching trays** have been **cleaned and dried** completely as any saliva/plaque residue will deactivate the bleach.

2. Applying the Bleaching Gel to the Tray:

- Apply a **small drop** on the **inner front surface of each tooth** in the bleaching tray.
- When applying the bleach we recommend that you **DO NOT**:
 - **Overfill** the bleaching trays as any excess will overflow onto the soft gingiva which may cause irritation.
 - **Spread** the bleaching agent around as you may unknowingly spread the bleach to your gums.
- If you intend to use tooth mousse in combination with the bleach, we recommend that you apply the tooth mousse to the same areas at a 1:1 ratio.

3. Inserting the Loaded Bleaching Trays:

- Prior to inserting the bleaching trays, we recommend that you **wipe the teeth** to ensure that they are completely dry.
- Once the teeth are dry, **insert** the loaded bleaching trays and set them **firmly** against your teeth.
- If excess bleach overflows out of the bleaching trays, we recommend that you immediately **wipe away the excess** to prevent irritation and bleaching of the gums.



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4. Wearing the Bleaching Trays:

- Due to the numerous different bleaching concentrations we recommend that you **do not exceed** the **manufacturer's** recommended **wearing time**.
- If you are noticing **discomfort or sensitivity** we recommend that you **remove** the bleaching trays immediately and **rinse** your mouth to remove the bleach.
- If you are bleaching both your **upper and lower teeth**, we recommend that you wear the bleaching trays at the **same time** to ensure that both arches are being bleached evenly.

5. After Whitening:

- Once you are done wearing the bleaching tray -ensuring that you have not exceeded the manufacturer's recommendations, we recommend that you **remove the trays**, then **brush and rinse** your mouth to remove any excess bleach.
- After your teeth have been cleaned, we recommend that you **clean, dry, and store** your bleaching **trays** in a safe location.
- If you intend on using tooth mousse as a separate treatment, load the trays with tooth mousse -similarly to loading the trays with bleach- and wear for 2-5 minutes. After the recommended duration repeat the previous steps to remove any excess and store the trays.
- We recommend that you **avoid eating and drinking** for at least an hour.
 - Once the hour is up, you are able to eat and drink again, however we recommend that you **avoid food, drinks, and habits that are known for staining** e.g. curries, dark sauces, red wine, tea, coffee, acidic food and drinks, and smoking.

6. Caring for Bleach and Trays:

- Always **clean trays** with a **soft brush** or cotton tip and **cold water** immediately prior and post treatment.
- Store the trays in tray holders and out of direct heat to prevent damage.
- Store Bleaching gel in a cool and dry place away from heat and light (may be refrigerated but not frozen).

First Aid:

If bleaching gel causes irritation to the gum or if gums have been accidentally bleach, use a cotton tip to apply Vitamin E oil to these areas to reduce inflammation and aid healing.

Avoid contact with eyes. If bleach does go into eyes, rinse continuously under cold running water for at least 15 minutes or advised by a Poison Information Centre or Doctor.

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

For advice contact your doctor or the **Poisons Information Centre (13 11 26)**.