



Tooth Whitening Instructions

Home Tooth Whitening:

1. Brush your teeth normally, using a soft toothbrush and fluoride toothpaste. Eg. Sensodyne toothpaste.
2. Rinse your mouth well
3. Dry your teeth with tissues or gauze.
4. Place a drop of whitening gel in the custom-made whitening mouthguard for each tooth to be lightened, as directed by your dentist.
5. Insert the mouthguard. Excess material may ooze out. Therefore, just wipe it away with a cotton bud.
6. Wear the mouthguard for the recommended time your dentist has advised.
7. On removal of the mouthguard, rinse it with cold water and remove the remaining gel with a toothbrush.
8. Brush your teeth with sensitive toothpaste.
9. Do not eat or drink anything for 1 hour.
10. Continue treatment until your check visit (usually 2 weeks) or until you are happy with the colour.

Things to Note:

- Any fillings that are required should be delayed for two weeks after your treatment.
- Existing composite resin and porcelain fillings do not whiten with any whitening treatment. These should be replaced if you wish to match the colour of your whiter teeth.
- Your teeth may become a little sensitive. Therefore, we recommend that you brush with Sensodyne toothpaste before and during the whitening procedure. Any sensitivity will resolve after whitening treatment ceases.
- Keep your mouthguard at room temperature and away from heat (i.e not in the sun, not in the glove box of your car etc.)
- The whitening effect diminishes over time due to ageing and staining of foods. Top up whitening can be performed at any time using the custom whitening trays provided. Additional whitening gel can be purchased from the clinic.

If you have any concerns, please do not hesitate to please call the surgery.