



# Tooth Whitening Advice

**It is important that you apply the whitening gel properly so as to minimise the amount of sensitivity you may experience. If you have any queries it is important that you contact your dentist.**

## STAGE 1

Thoroughly brush your teeth with a soft toothbrush and toothpaste prior to application.

## STAGE 2

Clean and rinse your custom made fabricated soft plastic tray provided to you by your dentist .

## STAGE 3

Load tray with a SMALL amount of whitening gel half way up the inner front surface for each tooth.

## STAGE 4

Place the tray snugly over your teeth. Gently press the tray to move the gel into place. Pressing too firmly will force the gel out of the tray.

## STAGE 5

Gently wipe off excess gel with a toothbrush or clean finger.

## STAGE 6

The soft custom fabricated application tray is normally worn whilst sleeping.

---

## STAGE 7

Remove, clean tray thoroughly.

Refer to Stage 1 for Oral Hygiene.

## STAGE 8

Visit your dentist at regular intervals to check and monitor your whitening treatment.

### HOW LONG SHOULD I WEAR MY WHITENING GEL FOR?

#### **6% HYDROGEN PEROXIDE**

From as little as 30 minutes a day.

#### **16% CARBAMIDE PEROXIDE**

From as little as 60 minutes a day.

#### **10% CARBAMIDE PEROXIDE**

2-4 hours or overnight.

#### **5% MILD CARBAMIDE PEROXIDE**

2 hours per day.

### WHAT TO EXPECT

You may experience some slight gum sensitivity. In case of increased sensitivity reduce usage time and/or frequency until the sensitivity subsides.