



INSTRUCTIONS FOR USE

This procedure involves the use of a medical device, customized bleaching trays, and carbamide peroxide gel as an accessory to the medical device.

- Clean your teeth thoroughly before each use, including use of floss or specialist brushes. Rinse any toothpaste away.
- Fill the supplied bleaching trays with a small amount of the gel. Care must be taken not to overfill the tray, as this will be forced out over your gums when inserted. You should aim to use approximately half a capsule of gel for each bleaching tray per use - **i.e. one capsule per day.**
- Excess material should be removed from the gums with a tissue, cotton wool or a dry toothbrush after insertion of the trays.
- The filled trays are usually worn for 2-4 hours at a time. They can be worn overnight. You should not eat, drink or smoke whilst wearing the trays. If they are removed during this process, then the tray will need to be refilled with new gel.
- The whitening process works at different rates for each individual. Most patients report that a noticeable effect after just four treatments. Sufficient gel is given for the initial process to work with some remainder for topping after six months or a year.
- Rinse your mouth with lots of lukewarm water to remove any remaining gel when the trays are removed. **Wash the tray with cold water** and dry thoroughly with tissues before storage.
- It is possible to over-lighten the teeth. Stop using the trays and gel when you are happy with the colour. Remember that the natural colour of teeth is never pure white. The whitening gel will lighten your teeth, but not necessarily remove internal stains; in these circumstances the teeth may never achieve a harmonious colour.
- The gel will not lighten crowns, veneers or fillings. If you have any of these restorations then the teeth should be lightened prior to their replacement.
- It is not necessary to lighten the back or molar teeth, the tray may not even cover these areas.
- Do not eat or drink for an hour after removing the bleaching trays and gel

Main Points for Tooth Whitening

- **Clean your thoroughly before whitening.**
- **Fill the inside of the tray with a small pellet of gel.**
- **Insert bleaching tray and remove excess gel.**
- **Wear for over 2-4 hours or overnight.**
- **Rinse the teeth with lukewarm water afterwards.**
- **Rinse the tray with cold water after use.**
- **Apply every other day if the teeth become sensitive or use fluoride.**
- **Bleaching will not lighten crowns, veneers or fillings.**
- **Do not eat or drink for an hour after gel use.**

Cautions

- Sensitivity is a normal feature of the whitening process. It usually lasts for a few days after the duration of the whitening period. Due to sensitivity, you may choose to wear the trays every other day.
- If sensitivity is intense, then the trays can be filled with sensitive toothpaste, such as 'Duraphat', 'Sensodyne' or 'Tooth Mousse' and worn for a few hours. All products are available at the Clinic.
- The whitening agent is Carbamide Peroxide gel in either 10%, or 16% strengths. The higher strength gel will work quicker but will result in more sensitivity. If the gel comes into contact with skin, wash with soap and water. If you swallow a significant amount of gel drink large amounts of water or milk. Refrigerate for prolonged storage and keep out of reach of children.
- In rare cases, an allergic reaction to the gel may occur. You will have widespread swelling of the mouth and some discomfort. Discontinue use and contact your dentist.