



## **TAKE HOME TOOTH WHITENING INSTRUCTIONS**

1. Thoroughly brush and floss your teeth.
2. After removing the cap from the syringe tip, express the contents evenly into the tray toward the facial side of the tray.
3. Approximately  $\frac{1}{4}$  of the syringe will be necessary.
4. Seat the tray completely and firmly over the teeth. Using a clean finger, remove excess gel that may flow beyond the tray's edge
5. The soft custom-fitted tray is worn while sleeping.
6. In the morning, remove the tray. Brush and rinse the residual gel from the teeth and then the tray. The tray should be removed prior to eating and drinking.

### **PLEASE DO NOT...**

- Smoke while bleaching.
- Use bleach while pregnant or lactating.
- Eat or use tobacco products while wearing your custom trays.
- Use household products to whiten your teeth.
- Expose the syringes to heat or sunlight.
- Freeze the syringes

### **PLEASE REMEMBER...**

1. Teeth are naturally darker along the gumline. These areas may require more time to lighten than the rest of the tooth surface and usually remains slightly darker.
2. A small percentage of patients experience sensitivity with bleaching. Should this occur, brush your teeth twice a day with sensitive toothpaste like Sensodyne. However, if sensitivity persists, it is recommended that you bleach every second night (Alternating with Sensodyne in your trays every other night).
3. Foods and juices high in citrus acid can cause sensitivity to the teeth.
4. Some patients have noticed temporary discomfort of the gums, lips, tongue or throat. Should any of these symptoms persist for more than two days, or progressively worsen, call your dentist or hygienist. These side effects will usually subside within 1-3 days after treatment is discontinued.
5. Food, drink, or tobacco can re-stain your teeth over time (usually 1-2 years). Should this occur, the teeth could be re-whitened within a few nights by using a few syringes of Top Up Bleaching Gel.
6. Regular Dental check-ups and cleanings are important before and after bleaching to maintain a health smile.
7. Keep out of reach of children.
8. Some old amalgam or "silver" fillings may leave a dark-purple colour in your bleaching tray, this is normal.
9. Avoid smoking, curries, red wine, sodas, tea, coffee etc during and for 5 days after treatment.
10. Remember, your teeth are going to be whiter. You will start to notice your teeth more and even slight imperfections will be more visible.
11. If you have any questions pertaining to this treatment, please do not hesitate to contact your dentist or hygienist.

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