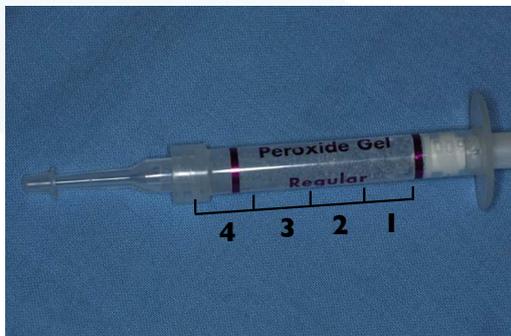


USE OF HOME TOOTH WHITENING MATERIALS

Before you begin



Each tube of whitening gel has enough gel for four applications — i.e. 2 nights for two arches (top and bottom teeth) or 4 nights for one arch.



Before you place any gel in them, practice putting the trays into your mouth and taking them out.

Each night at home



1. Before you go to bed, brush and floss your teeth as normal. Squeeze a small amount of the whitening gel into the front surface of each of the teeth on the tray.



2. You need to use about a quarter of the tube doing this. This is an example of how much gel you should use.



3. Place the trays into your mouth and rub the front surface to spread out the gel in an even layer. Wipe away any excess that comes out around the gums.

4. Now go to bed and go to sleep. When you get up, take out the trays, rinse them under the cold tap and store them in a safe place.

Other important points

You will probably notice the colour starting to change in a few days time.

Most people experience a little sensitivity for the first 2-3 days, so do not worry. If you have any problems or concerns, please call the practice.

The trays need to be worn for a minimum of 4 hours, but the gel will work for over 8 hours. Night wear will work best, but if it is not convenient to whiten at night, it can be done during the day. However the longer you wear them, the more quickly it will work.

You do not need to whiten *every* night—occasional “nights off” are fine, but the teeth will whiten less quickly.