



### TAKE HOME WHITENING INSTRUCTIONS FOR USE

You have been issued a home whitening kit to use. Some things to be aware of when whitening:

1. Postoperative sensitivity is common. This usually occurs during and immediately after whitening and can persist for several days after the treatment. Using sensitive toothpaste topically, fluoride gels or Tooth Mousse can help relieve this. If sensitivity occurs, delay using the home kit until the sensitivity goes away or it may become worse.
2. Any white fillings/crowns will NOT change colour with whitening – therefore once you finish whitening and if you are no longer happy with the colour of your restorations, please advise your dentist and they can be replaced.

#### INSTRUCTIONS:

1. Floss all of your teeth, then brush thoroughly for at least 3 minutes.
2. Apply the gel into the trays provided. Only a small amount is needed (about the size of HALF A GRAIN OF RICE). This should be applied on the OUTER SURFACE of each tooth space (as you only want the outer surface to be whitened).
3. Seat the trays onto your teeth. If there is any excess that squirts out the side of the tray, wipe this with a tissue and make a note to use less gel next time to avoid wastage.
4. Wear the trays as instructed for either:
  - Overnight while sleeping
  - For a period of AT LEAST 2 hours during the day
5. Remove the trays from the mouth once you are finished whitening and rinse them thoroughly with water to remove any leftover gel.
6. Rinse your mouth with water (not too cold as it may be sensitive)
7. Apply the sensitive toothpaste given into the trays (only a small amount) and put the trays back into your mouth for at least 15 minutes.
8. After 15 minutes take the trays out, rinse under water and place into the case provided. Spit any excess toothpaste from your mouth but do not rinse as the longer it stays on your teeth, the more it will be able to work.

After whitening, your teeth will be more likely to pick up any stains from your diet in the next 48 hours. Anything that can stain your clothes can potentially stain your teeth e.g. coffee, tea, red wine, cola drinks, curries, beetroot, etc. For best long term results, avoid such food/beverages in the 48 hours after whitening.

Any concerns or questions please call (07) 3878 1020.