

## **HOME WHITENING PROCEDURE**

The recommended Home Whitening procedure usually lasts for 2 weeks. The custom made trays are fitted at the surgery to ensure a perfect fit. The trays are worn for at least 1-2 hours per night over the 2 weeks and all night if sensitivity is not an issue.

If sensitivity is an issue, wear the trays less each night or use the Relief Gel or toothmousse in the trays on each alternate night. The bleaching procedure may take longer this way.

It is very important during this time to avoid consuming any dark staining items for at least 4 hours after each session.

These include: Red wine, tea and coffee, tobacco, dark sauces, fruit and vegetables with dark pigments, etc.

The bleaching solutions range from 10% hydrogen peroxide or carbide to 20% depending on your teeth type. All will be effective at bleaching. Be aware that in general, teeth with a more yellow hue will be easier to bleach than those with a grey tinge.

After the initial bleaching course, touch ups of 2-3 nights every 3-6 months may be required depending on how difficult the teeth are to bleach and the amount of dark coloured substances consumed.

### **Procedure:**

- Brush and floss your teeth prior to whitening
- Syringe the whitening gel into the custom made trays using the size of **O** and leave in for 1-2 hours
- Place trays in mouth and wipe off any excess whitening gel from around the gum with a tissue or dry tooth brush
- On removal, rinse the trays and teeth vigorously with water
- Use for up to 14 days
- Seal the teeth with tooth mousse after this by using the tooth mousse in the trays instead of the bleach

Please call the rooms upon any further queries or issues.