



Whitening Instructions

Before you start the whitening procedure make sure you clean your teeth thoroughly, as this can affect the whitening process.

This Whitening procedure will take 10 days. We recommend that you do it for 5 days have a break for 2 days, then continue again for the last 5 days.

Place a thin line of the Whitening Solution no thicker than the tip of the Whitening Syringe, along the trays that we give you. Place these trays into your mouth and wipe away any excess.

Keep the trays in for a period of 3 hours at least if you are using the 10% or 1 ½ hours if you are using the 22% unless specified otherwise by your dentist. If using the 10% we normally recommend doing this procedure whilst you're sleeping as it is least likely to get in the way, but you can do this anytime of the day if you have a few hours to spare.

The Whitening procedure will make your teeth sensitive whilst using it but it will go away when you finish. If the sensitivity is uncomfortable try using some Sensodyne or Colgate Sensitive as this will control and ease the sensitivity.

The Whitening Solution will also make you salivate more than normal whilst it's in your mouth and it is expected and alright that you might swallow some of the solution.

You will notice the biggest change in whiteness of your teeth in the first 3 days of treatment. After the treatment your teeth will always be whiter than what they were to begin with provided that in your diet you try and cut down or avoid having anything that would stain your teeth eg: coffee, red wine etc.

You can repeat the Whitening Procedure as often as you like as long as you keep the trays that were provided. We carry the solution stock. The amount of solution we give you will be enough for approximately 2 treatments.

The solution that is normally provided is a 10% solution and is sufficient for most teeth; if you try the treatment and are not happy with the outcome we also offer a stronger 22% solution.

Any questions or concerns please feel free to contact us on:

3263 8632

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