

## Patient Instructions for Tooth Whitening Gel

10% or 16% carbamide peroxide whitening gel.

1. Thoroughly brush your teeth and floss / TePe® brush as normal.
2. Clean and rinse (in cool water) your custom fabricated soft plastic tray provided by your dentist.
3. Remove the tip from the unit dose syringe containing the gel and extrude a little of the contents of the syringe into the reservoir in the front of the tray.
4. Place gel in the tray on the cheek and tongue side of the back teeth. Apply sparingly with sufficient to ensure coverage of the tooth surface to be lightened.
5. Seat the tray snugly over your teeth. Gently press tray to move the gel into place. Pressing firmly will force the gel out of the tray.
6. A finger, tissue or soft toothbrush should be used to remove the excess gel that may flow beyond the edge of the tray. This is important to avoid possible gum irritation. You may rinse gently but **not** swallow.
7. Do not eat or drink while wearing your trays! The soft custom fabricated trays should be worn for an **uninterrupted** period of **two hours per day** with 10% whitening gel or slightly less with 16% whitening gel (about an hour and a half). Your dentist will advise you.
8. When you remove the tray, brush the residual gel from the teeth. Rinse out the tray with cool water and gently brush it clean. Store it in a safe container.
9. There is a limit to the extent of the lightening that will take place, this should be complete within 3 to 4 weeks. (You can continue for longer if you wish)
10. You should not eat, drink or smoke while bleaching the teeth. Avoid strongly coloured food and drinks during your course of bleaching (such as red wine, black coffee, curry etc).
11. Carbamide peroxide whitening gel should not be exposed to heat, sunlight or extreme cold.
12. Make sure you attend your review appointment with the dentist for shade checking and further advice as necessary.



Some patients experience sensitivity whilst bleaching, if this happens you should stop bleaching for a day or two and then recommence on an every second or third day basis as opposed to every day. If you have any queries whilst treatment continues please call for advice.