



COMBERTON

DENTAL SURGERY & IMPLANT CENTRE

TOOTH WHITENING INSTRUCTIONS

1. Before using the whitening tray, clean your teeth as normal.
2. Syringe the gel into the tray as instructed by your dentist.
3. Seat the tray over the teeth and press down really well.
4. Remove any excess that squeezes out of the sides of the tray with a finger or tissue.
5. The tray should be worn for just 60-90 minutes, no longer.
6. When treatment is complete, remove the tray and brush your teeth to remove the residual gel.
7. Rinse the tray out, using COLD WATER, and brush gently to clean it.
8. Do not eat, drink or smoke whilst wearing the trays.
9. About 14% of patients will experience significant sensitivity during tooth whitening. If this happens, stop for a day or two. It may help to wear the tray with Tooth Mousse instead of whitening gel.

IF YOU WISH TO TOP-UP YOUR WHITENING IN THE FUTURE IT IS PRUDENT TO RETAIN THE TRAYS AS THEY MAY BE ABLE TO BE USED AT THIS STAGE WHICH WILL KEEP THE COST DOWN FOR YOU.