



## **TOOTH WHITENING INSTRUCTIONS**

### **How to use the trays and gel:**

- Brush your teeth thoroughly first.
- Then squeeze a tiny amount of the gel along the tips of the teeth in the trays as advised.
- Place the trays over the teeth.
- Should there be any excess gel squeezing out of the top of the tray then wipe along the top of the tray with either a tissue or cotton bud.
- Keep the trays in for a minimum of one hour.
- On removing the tray, rinse your mouth thoroughly, then rinse the tray under a cold running tap. The trays can be gently brushed if necessary.
- Avoid drinking or eating coloured foods or liquids (including tea and coffee) for the rest of the day. Also smoking should be avoided.

### **Sensitivity:**

Some patients will experience sensitivity when whitening. Should this occur, then do not whiten every day, but give your teeth a rest for one or two days. Should the teeth be very sensitive, we advise that the trays are worn overnight lined with Sensodyne tooth paste to settle them down.

Sensitivity is a temporary side effect that will disappear when the whitening stops.

Unfortunately, we cannot predict which patients will experience the sensitivity. It may help to take the gel out of the fridge an hour before you use it.

### **Degree of whitening:**

All teeth will lighten, but we cannot predict or guarantee to what degree they will lighten. Teeth have an inner core of dentine, which is slightly darker than the outer enamel, and this will dictate how white your teeth will go. It will be an individual response and is not predictable. We tend to find that even a small degree of whitening has a significant effect on the smile when seen as a whole.

### **How long will it take?**

On average 10 sessions of wearing the trays will achieve good results. Some patients will need to use the trays for longer.

### **How long will it last?**

Teeth will gradually darken again over time as they pick up stains from food and drink and smoking. If you keep your trays then you can easily 'top up' the whitening every few months to ensure that the teeth stay white. Top up gel is available to buy here at the surgery. We would not expect the teeth to return to their original colour for 2-4 years, depending on your dietary habits.

### **Care of the trays;**

Ensure that the trays do not come into contact with heat or hot water as they will soften and change shape. They should be stored dry and clean in the box provided.

### **Fillings and crowns;**

You should be aware that fillings, crowns and veneers will not change colour. This may dictate that you have to have them replaced following whitening if they show in the smile. Your dentist will discuss this with you.

### **Should you have any concerns then please contact Blackhills Clinic**