



## **INSTRUCTIONS FOR USING CARBAMIDE PEROXIDE WHITENING GEL**

- Brush and floss your teeth 30 minutes prior to whitening.
- Just before you are ready to start whitening, dry your teeth with a tissue or facecloth.
- Remove the tip of the syringe containing the whitening gel and extrude a little of the gel (about the size of a match head) onto the smiling surface of each tooth. Do not run it like a ribbon, as too much gel can sometimes irritate the gums.
- A small quantity of the gel will achieve the desired result.
- Align the loaded tray over the teeth, press down onto the biting surfaces with your fingers and thumbs and with your finger, rub the smiling surface of each tooth, so the gel fully covers the teeth.
- Use a finger or soft toothbrush to remove the excess gel that will flow from beyond the edge of the tray. This step shouldn't be necessary if the tray has been loaded with the appropriate quantity of gel.
- Trays should be worn for 8-10 hours, either during the day or night.
- Do not change the whitening gel more than once a day, as problems with sensitivity are more likely to occur.
- After the wearing time has finished, remove the tray and rinse or wipe your teeth with lukewarm water.
- Wash your trays (a cotton bud is useful in removing excess whitening gel) and leave to dry in the box provided, ready for next time.
- Excess gel left on teeth can also be brushed away with a toothbrush. Swallowing large quantities of whitening gel can be harmful.
- Do not eat, drink or smoke whilst wearing the bleaching tray.

- Tooth whitening gel should not be exposed to heat, sunlight or extreme cold.
- It is advisable to abstain from smoking during treatment and not to consume food or drinks that can stain a white shirt e.g., tea/coffee, red wine, curries, beetroot, concentrated tomatoe sauces/soups.
- If you develop sensitivity, fill your tray up with a desensitising toothpaste and put it in your mouth for 30- 60 mins each day until the sensitivity stops. Sensitivity is usually temporary. Remember to also continue whitening your teeth in the usual manner if you do this. Try not to stop the whitening process.
- If *severe sensitivity* arises, whitening should be stopped for a day or two and then be recommenced on every second- or third-day basis. Filling up your tray with desensitising toothpaste and placing in your mouth should be done for 30-60 mins daily. Avoid acidic foods and drinks, as these can exacerbate the sensitivity.
- Very rarely, discomfort of the gums, lips and tongue can occur. These symptoms are temporary and subside once whitening stops.

## **WHITENING KEY FACTS**

- All teeth have a maximum limit they will whiten too – so after this limit, they will not lighten any more despite product use.
- Teeth whiten at different rates. Canines usually take longer to whiten than incisors.
- Peroxide changes the genetic colour of enamel and dentine and removes stains.
- Carbamide Peroxide is active for 2 –10 hours.
- We recommend using 10% Carbamide peroxide. Higher concentration are available BUT the higher the % peroxide, the greater the risk of relapse, sensitivity and potential damage to dentine.
- Normal teeth whiten in 3 days – 6 weeks.
- Yellow-brown teeth are easier to whiten. Grey-blue discolourations are hardest.
- Tetracycline-stained teeth can take between 1-12 months to whiten.
- Pregnant or lactating women should not whiten their teeth.