



Usage Instructions for Tooth Whitening Gel

It is important that you apply the teeth whitening gel properly so you do not waste any and you experience the least amount of sensitivity while using the gel.

Prior to treatment

Brush and floss just prior to bleaching your teeth. The whitening gel is the most effective with clean teeth. Try the trays in first without any bleach to check the fit and comfort. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process

Applying the bleaching gel

When you apply the gel make sure not to fill the trays. Place a **SMALL** drop of tooth whitening gel half way up on the inner front surface of tray (in the front of each tooth in the tray). Do not spread the bleach around. Recap the syringe for next treatment until empty. The average treatment per arch requires approximately 0.5ml of whitening gel. We recommend that you only bleach the front 6-8 teeth as no one sees the back teeth

Inserting the bleaching trays

Insert the whitening tray in the mouth over the teeth. Seat the tray completely and firmly against the teeth. Gently press with your fingers to adapt the tray to the teeth. Excessive pressure expresses too much gel out of the tray. Wipe the excess gel, which seeps over the brim of the tray onto your gums. Wipe the excess gel off of the gums with your finger, tissue or Q-tip. Wear the tray with the gel as directed below.

Wearing time

You may wear your trays overnight if you have no sensitivities but don't do it the first time. Start with shorter wear-times and build up your wear-time little by little. NOTE - Use 30 minutes at first time. Next time one hour. Gradually increase the wear time. You may wear your trays overnight if you have no sensitivities with 4 hours.

General manufacturers recommended wearing times are:

For Carbamide Peroxide Bleaching Gels (Pola Night):



- 10% Carbamide Peroxide (3.6% Hydrogen Peroxide) = use 1 x 2hours/day to overnight, while sleeping, if no sensitivity arises.
- 16% Carbamide Peroxide (5.7% Hydrogen Peroxide) = use 1 x 90 minutes/day to overnight, while sleeping, if no sensitivity arises.

Conduct your whitening session once per day until desired level of whitening is attained. NOTE – You may skip days between whitening sessions to minimize sensitivities. This will not affect the cumulative whitening process.

After whitening

Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning. Apply desensitizing gel if your teeth become too sensitive - follow steps 1 through 4 again using the desensitizing gel.

Caring for your trays and gel

Clean whitening trays with a toothbrush or Q-tip and cold water. Store trays in the tray holder and gel in cool dry place away from heat and direct sunlight. The gel may be refrigerated to prolong the shelf life, but do not freeze.

What to expect

- You may expect some slight gum sensitivity from wearing the trays, and your teeth may feel very slightly sensitive. In case of increased sensitivity reduce usage time and/or frequency until the sensitivity subsides.
- You may notice that your teeth start to look “funny”. They may develop white spots. The area of the teeth near the gum line may look dark (this is because the rest of the tooth has become so light in comparison). Also, the colour may appear too opaque (chalky). This will all even-out.
- You may find that your lower teeth do not lighten as quickly as the upper teeth. This is because the lower teeth are smaller, and the reservoirs of the tray will be smaller. If there is a noticeable difference between the upper and lower teeth when the whitening is completed, we may recommend wearing the whitening trays for another week on the lower teeth.



For effective results

- Do not eat, drink or smoke during treatment (when you have your trays and bleaching gel in your mouth).
- Do not smoke immediately on removing your trays/bleaching gel – wait for at least 2 hours.
- Foods and drinks containing strong colours should be avoided for at least 48 hours after the treatment period or only consumed in moderation.
- Use gel at room temperature

Other Information

- Wearing the trays once every 2 months will keep your teeth at a very stable colour indefinitely, however if you want to keep them at an even brighter white, you may want to wear the trays once a month.
- Whitening gel, for maintenance, is available from the practice.
- In addition to whitening, oxygen also deep-cleans the teeth, it removes microscopic debris from between the crystals of tooth structure. During and for a week or two after whitening, these 'pores' are cleansed and open.
- During the two weeks of at-home whitening, stay away from staining foods and drinks. We do not want stain to fill in these microscopic pores during whitening. That would only reduce the success of whitening. Any food or beverage which would permanently stain a white shirt or blouse could also stain your teeth. If possible, when drinking a staining beverage, it may help to keep the beverage off the outer surface of the teeth by carefully drinking through a straw.
- Smoking should also be held to the very minimum during the whitening process. These precautions should be followed during the whitening process and for at least a week after the completion of whitening.
- Teeth with Silver fillings may leave a purple residue in the tray after you take it out; this is all right. If possible do NOT skip days when whitening. We find that this slows down the whitening process

Storage and Handling

- Store the whitening gel in a cool place and out of direct sunlight - **Be sure to keep your whitening gel refrigerated when not in use.**
- Do not use gel after its expiration date.



- Store your whitening trays safely. Keep them away from heat – heat will distort them.
- Do not leave them in the hot car.
- Do not put or wash them in warm or hot water and do not be tempted to place them in a dishwasher.
- Keep your trays away from your dog. Dogs seem to think that whitening trays are chew-toys.
- Most importantly, place the trays carefully in the storage case that we give you; or you can use a Tupperware container at home. Store them LOOSELY so that they are not bent or crushed, as this will damage them and you will not be able to re-use them.

PROTECT AND KEEP YOUR TRAYS AS YOU WILL BE ABLE TO CONTINUE TO USE THEM IN THE FUTURE!

Precautions

- Keep bleaching gel out of reach of children.
- Do NOT use if you are pregnant or lactating.
- Do not use if you are under 18 years of age.
- Patients with a history of chemical allergies are advised to carry out allergy testing by a specialist before using the bleaching gel.
- Discontinue use if any unusual sensitivity or reactions occur. Consult your dentist.