

Instructions For Home Teeth Whitening

Please follow these instructions carefully as discussed with your dentist. If you have any questions, please do not hesitate to contact us, on (07) 3902 1023.

1. Dry your tray and load the trays with the whitening gel. Do not overload. A small drop of gel on the face of each tooth is sufficient (half a rice grain size).
2. Clean your teeth – Brush and floss. The whitening gel needs to be in contact with the actual tooth surface.
3. Dry your teeth with a dry cloth.
4. Insert tray.
5. Using a dry cloth, wipe your gums to remove any excess gel that may have squeezed out of the tray.
6. Aim to wear the tray for 3 hours. If it is too sensitive after 1 or 2 hours remove and try again the next day.
7. Do not eat or drink anything or smoke while the whitening trays are in the mouth.
8. After the 3 hours is up, remove and rinse the trays with cold water and brush your teeth.
9. If you find your teeth are not sensitive after 3 hours, you can continue to wear them for longer, 4-8 hours. You can even sleep with the trays in your mouth. Whitening while you are sleeping. The longer they stay in your mouth, the faster your teeth will whiten.
10. Your teeth may feel a little sensitive during the time that you are whitening. Your teeth will go back to normal in a few weeks after whitening is completed.
11. To help with the any possible sensitivity, break up the whitening and do the whitening every alternate day or once every few days. The whitening does not need to be done consecutive days.
12. Avoid drinking coffee or having any dark foods or drinks immediately after whitening.
13. Store the whitening trays and whitening gel in a cool place, out of sunlight.
14. Store the spare syringes of whitening gel (the ones you are not using) in the fridge. The syringe that you are currently using needs to be at room temperature.
15. Continue whitening and finish both tubes. Each tube should give you roughly 7 applications.

Other Things To Note

If after a few days, and you are still only able to wear the tray for 1 hour as the teeth are too sensitive, please let us know.

Last Note

Enjoy and look forward to your new whiter smile! 😊