



WHITENING INSTURCTIONS

- 1.** The gels are best stored in a cool place, out of sunlight. Each syringe should last around 6-7 sessions, but many people find it can last longer. If you are using 1 syringe per session, you are using too much gel! The gels come with a cap on them, and this should just twist off.
- 2.** Make sure you have brushed your teeth thoroughly before whitening. Avoid fizzy or acidic drinks before you whiten, as this can increase the risk of sensitivity.
- 3.** You will need to apply 1 spot of gel inside the tray on the front surface of each tooth, around the size of $\frac{1}{2}$ a grain of rice. Some people avoid whitening the very back teeth as they are often not visible and it saves some gel.
- 4.** Dry your teeth with a tissue or a clean dry cloth and insert the tray. If there is some gel squishing out the top of the tray wipe it away with your finger, and make a note to use less gel next time! Leave the trays in for 3-4 hours, or overnight if this is more convenient (after 3-4 hours the gel becomes inactive).
- 5.** Repeat the process (ideally on consecutive days) until you reach your desired shade. Most people find this takes around 28 days, but ultimately it is down to personal preference! If you run out of gel before you reach your desired shade, please contact us.

Occasionally some people experience sensitivity. This is nothing to worry about and can be managed effectively.

If you experience sensitivity, pause treatment for a few days until the sensitivity subsides. You could also switch to a sensitivity toothpaste. Restart treatment when your teeth are no longer sensitive to regular foods and drinks.

Avoid coloured foods or drinks for 1 hour after whitening your teeth (e.g. red wine, curry, tea, coffee, berries, etc.)

If you have any questions or problems regarding your treatment please do not hesitate to contact us on 01453 822205 or at stonehousedentist@gmail.com.