

TOOTH WHITENING AT HOME INSTRUCTIONS



We believe that the best results with tooth whitening are achieved by a gradual process over three weeks.

The bleaching gel used breaks down and becomes non active after about 4 hours.

For these reasons we recommend wearing your bespoke trays with the gel for 3 to 4 hours each day for three weeks.

The gel is very effective, so only a very small amount – the size of a grain of rice - is needed in each of the tooth areas of the tray corresponding to the teeth that are being whitened. Extra gel does not speed up the process and will just spill out of the tray to be swallowed.

One “compule” of gel should be enough for upper and lower teeth for two applications and so is a useful guide as to how much is being applied.

The process works by removing the stains that have built up over the years in the porous surface of the tooth. This means that the teeth can become sensitive initially as these pores are opened up.

It is for this reason we advise you to avoid very cold drinks especially straight from the fridge for the two hours following tray removal.

We would also advise no drinking tea, coffee, red wine or anything that tends to stain the teeth, for two hours after tray removal.

Salts in your saliva and fluoride in your toothpaste reseal these pores to stop the ingress of stain and reduce the sensitivity in the two hours following tray removal.

If you find the teeth very sensitive during the whitening process, we have included a tube of desensitizing toothpaste to use in the tray instead of the bleaching gel, perhaps overnight, which should allow you to continue with the whitening the next day.

You may notice that the whitening will start at the tip of the teeth, but will even up over the three week period.

The majority of patients find that the best time to wear the trays is overnight. You won't over whiten your teeth by wearing the trays for longer than 4 hours.