

a.b.c. brighten

You should find teeth whitening a relatively quick, easy and pain-free way to brighten your smile. The amount of whitening required varies between individuals, however we are confident that your natural teeth will brighten to their lightest natural shade using this guide. We will review your results at your convenience and complimentary top-up gels can be provided, should you require them.

Please note that all dental work (fillings, veneers, crowns etc.) do not whiten as the gels are only effective on natural teeth.

Your whitening kit includes:

- Custom-made whitening trays for both upper and lower teeth
- Prescription whitening gel (10% Carbamide Peroxide or 16% Carbamide Peroxide).

Please store <25°C and keep out of reach of children. Storing them in warm environments such as the bathroom may render them ineffective up to their expiry date (see side of syringe)

You should apply the gels to the trays (instructions on the reverse) and **wear every 2-3 days** until you reach the desired brightness.

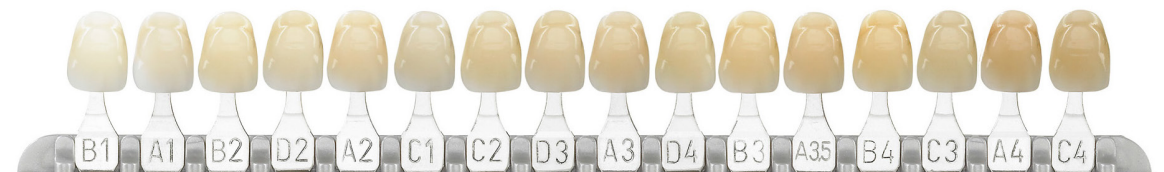
During the whitening process, you may notice some teeth sensitivity, which is a common short-term side effect, usually lasting <4 days to cold stimulus. Our gels contain de-sensitizing agents (Potassium Nitrate) which will help minimize the sensitivity.

In the event of severe sensitivity, stop whitening for 48-72 hours and place sensitive toothpaste (such as Sensodyne Rapid Relief or GC Tooth Mousse) in the trays overnight to help settle down the teeth faster.

In rare cases, if too much gel is applied, you may notice some temporary inflammation of the gums, lips or mouth. This should only last for a short duration (24-48 hours).

After this course of teeth whitening, the warmer colour of your natural teeth will gradually return due to the normal staining process of daily eating and drinking. The time-frame of this will depend on your consumption of tea, coffee and other staining food/drink so do expect a top up night of whitening every 1-3 months to maintain your brightest shade.

For long term-maintenance, top-up whitening gels can be prescribed and purchased (£120). During this whitening process, we recommend that you limit food/drink that cause staining, if possible, for a more predictable results.



instructions for whitening

1. Brush and floss your teeth.
2. Twist and pull off the plastic cap from the end of the whitening syringe which is to be used as a lid to re-seal the syringe between use.
3. Please load a **very small amount of gel** in each tooth compartment as demonstrated.
 - Do not overfill as this will cause the gel to leak out of the tray and cause gum irritation leading to sensitivity or a chemical burn.
4. Dry your teeth with tissue paper and immediately place the loaded tray over your teeth. You may see 'bubbling' within the trays whilst wearing them, this is part of the whitening process.
5. Wear your trays **overnight** or for **at least 3 hours during the day**.
 - If you experience pain in one area, it may be that you have loaded too much gel. In this case, remove the tray and see if the gums have turned white in that region. Brush off the gel with lukewarm water and the gums will return to normal in a short time.
 - If your teeth become sensitive after a short time, you can stop the whitening at this time. It's fine to whiten for a shorter time; it just means the whitening process will take longer.
6. After whitening, remove the trays and rinse them with water. If necessary, use a toothbrush to remove residual gel. **Rinse and brush your teeth with lukewarm water.**
7. Dry the trays and place them in a storage case making sure that they are not being compressed, as this will distort the trays.

**We hope you find this information useful and
enjoy the results of a brighter smile! If you have any questions
during this treatment, please do get in touch.**