



**Thurloe Street Dental**, 10 Thurloe Street, South Kensington, London, **SW7 2ST**  
Tel: 020 7584 5551 Email: [enquiries@londonsmiles.com](mailto:enquiries@londonsmiles.com) Web: [www.londonsmiles.com](http://www.londonsmiles.com)

## TEETH WHITENING INSTRUCTIONS

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

### 1. PRIOR TO TREATMENT:

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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

### 2. APPLYING THE BLEACHING GEL:

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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.

### 3. INSERTING THE BLEACHING TRAYS:

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Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums, by holding the tray up with one hand, wipe the excess gel off of the gums with your finger or tissue. Wear the tray with the gel as directed below.

### 4. WEARING TIME:

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We recommend that if you have not whitened before, use for 30 minutes to 1 hour the first time and increase the wearing time if there is little or no tooth sensitivity. Do not eat or drink whilst wearing the trays. You should try to avoid beverages, foods and habits that contain dyes and colours as the use and consumption of these items and foods could lessen the whitening effect. Your teeth are temporarily more porous from the bleach gel. Until these pores are closed again, your teeth are more susceptible to stains. Avoid the following (anything that can stain a white shirt): smoking, coffee, tea, chocolate, dark fizzy drinks, red wine, soy sauce and tomato sauce.

### 5. AFTER WHITENING:

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Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning. Apply desensitising toothpaste such as Sensodyne. If your teeth become too sensitive - follow steps 1 through 4 again using the Sensodyne for 1-2 days. Resume whitening if sensitivity has gone.

### 6. CARING FOR YOUR TRAYS AND GEL:

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Clean whitening trays with a toothbrush or cotton bud and cold water. Store trays in the tray holder and gel in cool dry place away from heat and direct sunlight. Should you have any queries or concerns, please telephone your treatment co-ordinator Theresa on 020 7584 5551.

**.....and then.....prepare for compliments**