

## Whitening Treatment

- Brush and Floss your teeth with your regular toothpaste.
- Ensure that your custom made whitening trays are clean and free of debris, then apply your whitening gel to the facial surface (the surface people can see if you are smiling) just one small dot for each tooth; about the size of a match stick head.
- Insert the trays into your mouth and leave for 45min - 1 hour, during this time do not eat, drink or smoke.
- If you have excess gel oozing from the trays then you have used too much product and need to wipe away the excess with a damp cloth.
- Once you have completed between 45min – 1 hour with the trays in your mouth you can remove them and wash/brush them gently under cold water with a toothbrush to remove remaining gel and rinse/brush your teeth with toothpaste to remove any remaining gel in your mouth.
- When whitening trays are not in your mouth please keep them in the plastic container we have provided you as they can get lost very easily as they are clear.
- If you experience moderate sensitivity from whitening please cease using the product for a few days and use a sensitive toothpaste or tooth mousse in your trays as this decreases sensitivity greatly.
- You will be performing this process between 5-14 days depending on the result that you are expecting.
- Avoid smoking, drinking tea, coffee, red wine or staining foods such as beetroot during the whitening process.

