

Instructions for Internal Teeth Whitening

- 1) Using the syringe place small amounts of whitening gel in the tray which are corresponding to the teeth that have been prepared.
- 2) Wear the whitening tray for 2-3hours.
- 3) Change the gel every 2-3 hours.
- 4) This must be done for 3 - 5 days and the trays worn for 24 hours a day.
- 5) Stick to non-coloured foods whilst using the trays i.e mashed potato, pasta with no sauce etc. Avoid tea, coffee, red wine and coloured foods with sauces.
- 6) If you experience any sensitivity stop using the gel and contact the practice as soon as possible on 01773 743263
- 7) It is advised to use a form of desensitizing toothpaste which can reduce sensitivity.
- 8) Ensure that between uses, the trays are cleaned and dried thoroughly. Also ensure that the cavity has no food trapped and the teeth are cleaned twice daily.
- 9) To ensure that you get the best results, please follow these instructions religiously!