

### **Advice Following Tooth Whitening Treatment**

Your at home whitening kit contains both whitening gel in syringes and your custom fit whitening trays. The following information will help you make the most of your whitening kit.

#### **Preparation of your teeth before treatment.**

It is important to brush your teeth thoroughly with a fluoride toothpaste before whitening your teeth, this removes food and plaque debris and ensures the gel is in contact with the tooth surface.

#### **Preparation of your trays before treatment.**

Put a small amount of whitening gel into the middle of the front side of each tooth, about the size of half a grain of rice is ideal. If excess gel is squeezing out the edges of your tray then you are using too much, use a clean tissue to wipe away the excess, and remember to put less in next time.

#### **Wearing your whitening trays.**

Once the trays have been loaded with whitening gel push onto your teeth as the dentist showed. Your trays need to be worn for at least 90 minutes for the gel to activate. 3-4 hours is an ideal time to wear your trays for, but they can be worn overnight. This should be done once a day for 2 weeks. While wearing the trays, it is not advised to eat as this will damage them, but it is possible to drink. Use a straw to take the fluid past your teeth.

#### **Foods and drinks to avoid while undergoing whitening treatment.**

Heavily or darkly coloured foods and drinks should be avoided while whitening your teeth, and for at least 2 weeks after. Your teeth will become more susceptible to stain while undergoing this treatment so it is important to avoid them.

Foods that will stain your teeth include:

tea, coffee, red wine, smoking, curries (especially the spice turmeric), cola drinks, red fruits, dark green vegetables, coloured sauces (tomato, brown, mint etc...)

#### **Dental sensitivity with whitening treatment.**

Some patients will experience sensitivity with their teeth during whitening treatment, this is reversible and will go after the procedure is finished. To alleviate symptoms during treatment we advise to switch to a sensitive toothpaste. If the sensitivity is severe, it is possible to put a small amount of sensitive toothpaste into your whitening trays and wear these instead of the whitening gel.

#### **Care of your whitening trays.**

After each day - remove your trays as instructed by your dentist, rinse any remaining gel from the trays, and rinse any remaining gel from your mouth with plain water. Leave the trays on the side of your sink to dry completely before closing in your case.

#### **Ongoing Care of your whitened teeth.**

Over time dietary stains will creep back onto your teeth, to maintain the colour of your new, whitened teeth we advise you to wear your trays with whitening gel once a month to maintain the colour.

Extra tubes of whitening gel can be purchased from the practice. Please contact the practice on 01709 364454 to purchase, or mention to reception at your routine examination appointment.