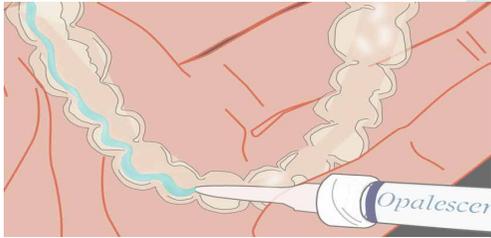


Step-by-step Instructions Teeth Whitening: Bridge Street Dental Surgery

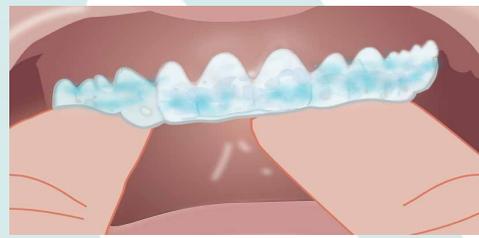


Step 1

Load tray:

Remove the cap, slowly squeeze gel with the push syringe, do not pull. Express one "bead" of gel approximately halfway up on the front-inside surface of the tray from premolar to premolar; max 10 teeth in total per tray.

This should use max 1/3 of a syringe per tray, for example a large grain of rice sized amount in each tooth.

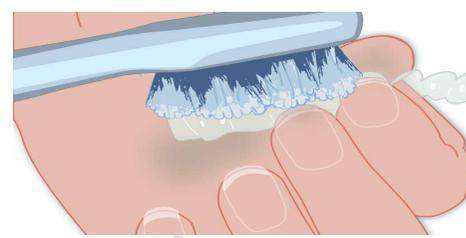


Step 2

Insert tray:

Insert the tray in your mouth and lightly tap it to adapt the sides to your teeth.

The gel should not come out of the tray. If it does there is too much gel, wipe any excess off immediately with a tissue or brush. No food or drinks should be consumed whilst the tray is in.

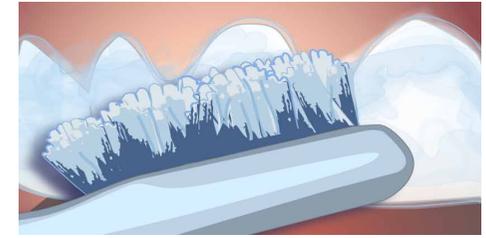


Step 3

Remove tray:

Remove the tray after wearing it 8-10 hours; it can be worn either during the day or night for one to two weeks.

Use a finger or soft toothbrush to clean any excess gel off your teeth, washing your hands or brush before and after. Rinse your mouth twice with water, try not to swallow the gel.



Step 4

Clean tray:

Clean the tray with a soft brush and cool tap water. Please do not use toothpaste or hot water on the tray this will distort and scratch it. Store the tray in a case.

Do not wear your tray if it does not fit, you have general health changes, you have broken a tooth or filling.

These instructions are for "10% Opalescence" whitening gel and a tray sourced at the practice. We would only recommend these gels, refills can be bought in practice from £12.50 per syringe.

- ✓ The trays do not need to be worn every day although the more breaks you have wearing them the longer it will take.
- ✓ Duration of whitening normally is one to two weeks dependant on the colour change desired. Patients often repeat the process every 6 to 12 months.
- ✓ The gels must be stored in a fridge when you are not using them and kept out of reach from children.
- ✓ Things in your diet may increase staining and delay the whitening process for example; tea, coffee, red wine or curry's. We would recommend avoiding these during the whitening process.
- ✓ Your teeth may be slightly sensitive, if this does occur please use "Sensodyne rapid relief" toothpaste.

If you notice any other symptoms please stop using the system immediately and contact us. If you have any questions, please call the practice on 01937 833416 or email nicola@bridgestreetdentalsurgery.co.uk