

Crossbank Dental Care – Instructions for Home Whitening

Not to be used by persons under the age of 18.

This product can only be supplied by dental practitioners and under direct supervision.

Before treatment

Ensure you have read the leaflet 'having your teeth lightened'.

Ensure your tray/s fit comfortably before commencing treatment (your dental professional will check the fit of your trays).

Ensure you are able to place the trays firmly over your teeth (practice without gel first).

Placing the whitening gel into the tray

Place a small amount of whitening gel into the tray as instructed by your dental professional, usually this will be in the deeper area in the front of the tray.

Your dental professional will demonstrate how much gel should be sufficient (use less gel rather than too much).

Fresh whitening gel should be used for each application in the tray.

Placing the whitening tray into your mouth

Seat the tray firmly over your teeth.

Wipe excess gel off the gums with a tissue, cotton wool bud or soft brush.

Rinse gently but do not swallow.

The trays are suitable to be worn overnight.

In the morning, remove the tray, clean your teeth as normal and clean the gel from the tray with a toothbrush and paste.

You may consider increasing the speed of the whitening, some people wear the tray during the day for up to two hours. ONLY consider this if sensitivity is not an issue.

Do not wear the trays for longer than instructed.

If your teeth become sensitive, you should wear the trays for less time or even consider stopping treatment for a short time and use a sensitive toothpaste.

If you are in doubt, please contact the surgery (01539 720820) your clinician will schedule a suitable time to speak to you on the phone or arrange a suitable appointment.

Important notes and precautions

Clean your teeth in the normal way, at least twice a day.

The desired effect is normally achieved in 10-14 days if you follow the instructions, although sometimes it may take longer.

About 14% of patient experience significant sensitivity, if this occurs, reduce the number of time the tray is used each day. Occasionally it may be helpful to stop treatment completely for a day or two.

Very rarely discomfort of the gums, lips, cheeks and tongue can occur, this reduces dramatically once treatment stops.

Refrain from eating, drinking and smoking for the duration of the treatment and for 30-minutes following treatment.

If you do not wear the trays it does not work.

If you are pregnant you should not whiten your teeth.

Keep the gel out of direct heat or sunlight.

Please note expiry dates on the product packaging.

Crowns, veneers, bridges, and fillings DO NOT WHITEN and may need replacing after treatment if you wish the shade to match.

Avoid contact with eyes, rinse immediately if the product comes into contact with them.

Whitening is progressive and it may take several days before you start to see a result (do not be tempted to wear the trays for too long).

Stop treatment when you are happy with the shade.

Teeth are naturally darker at the gum line and some teeth such as the canines are darker. These areas will require more time to lighten than the rest of the tooth and will usually stay slightly darker.

It is common for teeth to have white areas which can become more obvious on initial whitening before they fade into the main colour, continue with your whitening as instructed.

Some patients notice temporary discomfort of their lips, tongue, cheeks and gums, should symptoms persist for more than two days please contact the practice.

Tea, coffee, red wine and other products will re-stain your teeth over time.

Regular dental examinations and hygiene visits are required to maintain your teeth over time.