

## Whitening Post Op

In order to achieve the best results from your whitening treatment please follow these instructions:

1. Brush and Floss your teeth well before inserting the whitening trays with the whitening gel as you have been shown and leave the trays overnight.
2. Avoid the following: coffee, tea, red wine, smoking, curries, chocolates, cordials, soft drinks as well as other "acid" foods or drinks, or anything else with strong colours. (When having anything sour, rinse well with water afterwards.)
3. Keep the whitening solutions and trays in a cool area or in the refrigerator.
4. AVOID subjecting the trays to heat because they will deform.
5. Rinse them in cold water and gently with toothbrush, no toothpaste.
6. Store them in the provided plastic box and leave moist.
7. Wear trays nightly until happy with colour and preferably no more than a fortnight.
8. Maintain the colour by wearing the trays subsequently one night every 2-4 weeks depending on your diet and the staining it causes on your teeth.
9. Expect some sensitivity, which will subside following continuation of your treatment. During this sensitive stage avoid cold drinks to minimize sensitivity and use desensitizing gels that can be applied within your tray, which we have available when required.
10. Avoid in pregnancy and breast-feeding.
11. Please remember that the final result will vary between different people depending on the enamel surface of different teeth.

Discoloured fillings will not whiten and will need to be restored subsequently once the whitening treatment is complete. If you have any queries regarding the whitening treatment please let us know.

Helping you achieve a great smile!