

At-home tooth whitening

- Prior to whitening floss and brush your teeth, then rinse with water
- Load trays with one small drop of gel on the front surfaces of each tooth that you want to whiten
- Dry your teeth off with a cloth / tissue
- Place trays onto teeth and press against tooth surfaces to disperse gel
- Wipe gums for any excess gel
- Leave for 45 minutes. No food / drink during this time
- Remove trays, brush teeth with water and rinse to remove left over gel
- Clean the trays with a toothbrush or cotton bud (no toothpaste) - use cold water only (warm / hot water can change the shape of the trays)
- Smear Tooth Mousse over all tooth surfaces and leave for up to 3 minutes (or as long as possible) and spit out excess mousse
- Leave remaining Tooth Mousse on your teeth (don't rinse)

Initially whiten for 7 -10 days, or less if you reach your desired shade more quickly. Keep in mind that your teeth will dull slightly for about a week following the whitening process.

For best results avoid smoking and any foods/drinks that will discolour teeth, such as tea, coffee, red wine and black cola drinks (Coke/Pepsi).

If you experience any related tooth sensitivity while whitening have a break from whitening for a day and then continue. Applying a sensitive toothpaste directly to the sensitive tooth (as a topical paste) can also help relieve sensitivity.

After the initial whitening period it is recommended to only re-whiten every 6 -12 months. Subsequent whitening may only take 3 - 4 days to achieve the desired result.

If you have any further questions please don't hesitate to call us on (08) 8272 9087

