



## Tooth Whitening

- **Before bed**
  - ✓ **Brush teeth** thoroughly with a sensitive toothpaste.
  - ✓ **Rinse with water.**
  - ✓ **Prepare your tray:** Place a little whitening gel into each of the reservoirs.
  - ✓ **Place the tray in the mouth,** and gently ensure it is well seated.
  - ✓ **Remove excess whitening gel** with a cotton bud, tissue, or toothbrush.
  - ✓ **Do not swallow any excess material.** Spit it out.
- **On waking**
  - ✓ **Remove the tray from your mouth.**
  - ✓ **Rinse your mouth with water.**
  - ✓ **Brush with sensitive toothpaste.**
  - ✓ **Clean the trays with cool water,** using a cotton bud or toothbrush to help.
  - ✓ **Rinse and clean the tray.**
  - ✓ **Leave tray in the open air to dry**

### ***Whitening for sensitive teeth:***

- **If your teeth are already sensitive before treatment:**
  - ✓ **For 1 week before whitening,** place a sensitive toothpaste (eg. Colgate Pro Relief/Sensodyne Pro Enamel) in the bleaching tray each evening for 1 to 2 hours.
  - ✓ Brush with a sensitive toothpaste twice daily.
  - ✓ When whitening the teeth begins, wear the tray during the day for 2 hours each day only for the first week, and then nightly for the following weeks.
- **If sensitivity arises during treatment:**
  - ✓ **Place a sensitive toothpaste in the tray, wear overnight.**
  - ✓ On waking, brush your teeth with a sensitive toothpaste.
  - ✓ Continue with your normal whitening regime.
- **If the teeth are frequently sensitive:**
  - ✓ **Wear the tray loaded with sensitive toothpaste on alternate nights to the whitening gel,** ie. place sensitive toothpaste/fluoride gel in the tray one night, and tooth whitening gel the next.
  - ✓ On the nights you are due to whiten your teeth, also wear the tray loaded with a sensitive toothpaste for *30 minutes before whitening, and 30 minutes after.*
  - ✓ Contact your dentist if you have any concerns.

### **Other tips for sensitive teeth:**

- ✓ If the teeth become too sensitive to continue, **don't be afraid to stop treatment for a few days** to give the teeth a rest! Apply a sensitive toothpaste (Colgate Pro Relief/Sensodyne Pro Enamel)
- ✓ **Reduce the treatment time you wear the tray; wear the tray less often.**
- ✓ Do not overload the tray, and use slightly less gel in the tray.

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