

BOUTIQUE

WHITENING



Tooth Whitening
Your Help Guide
6% Hydrogen Peroxide

Ibbott & Co.

DENTAL CLINIC

Instructions for Boutique Whitening

6% Hydrogen Peroxide

Brush your teeth and floss as per your normal routine before carrying out whitening.

The whitening should be done last thing before you go to bed. The reason for this is that it is important that you have nothing apart from water for 2 hours after you have carried out the tooth whitening.

Make sure that the tooth whitening trays are dry and free of saliva and water.

Place a grain of rice sized amount of tooth whitening gel in the front surface of the tooth whitening tray on all the teeth you wish to whiten. Avoid teeth which have crowns or veneers as these will not whiten.

Swallow your saliva and place the trays in your mouth one at a time.

You may find some gel squashed out around the edge of the tray, so you can wipe this away with a tissue.

Leave the trays in for a maximum of 90 minutes.

After the time is up, remove the tooth whitening trays and rinse your mouth with water. It is fine to brush your teeth again if you want to.

Use cotton wool or a toothbrush under cold running water to remove any residual gel from your trays. Dry them and put them back in your case.

Things to be aware of...

During the whitening process avoid food and drinks that would stain a white shirt i.e. strong tea / coffee / curry / beetroot / red wine.

Some patients may experience sensitivity when whitening their teeth. If you experience any sensitivity you can remove the teeth whitening trays, rinse your mouth and then place some sensitive toothpaste into the tray and place back in your mouth for 20 minutes. It is unlikely that you would need to do this.

If you find you are getting sore gums or that there are areas of the gum that have gone slightly red or white, you may be placing too much gel in the trays.

You should have enough whitening gel to be able to carry out a whitening session every day for at least 3 weeks.

If you are having any further restorative treatment such as composite bonding, it is important that you stop whitening for at least 1 weeks before that appointment.