



Quick Reference Sheet for Tooth Whitening Procedures

Standard Home Whitening

Before Bed

1. Brush your teeth thoroughly for 2 minutes with normal toothpaste.
2. Prepare your tray by placing a little whitening gel into each of the reservoirs, approx. a small droplet size as shown by your dentist.
3. Ensure teeth are dry, using a tissue. The drier the teeth are the better they will whiten.
4. Place the tray in the mouth and ensure that it is well seated. Squeeze the tray against the teeth to see the gel smear around all the teeth. If you can't see this you need to put more gel or you won't get a good result.
5. Remove excess whitening material with a cotton roll or tissue.
6. Do not swallow any excess material.
7. Dab the front teeth dry on the front and at the back with a tissue.

On Wakening

1. Take the trays out and rinse mouth with water.
2. Brush with normal toothpaste.
3. Clean the trays in cool water. Clean the trays with a tooth brush and toothpaste all over and use cold water before soaking (optional) in retainer brite solution (available from reception) for a few minutes to remove any stains and leave a fresh smell.
4. Leave in open box to air dry during the day.

Bleaching for sensitive teeth

For 1 week before whitening:

1. Apply sensodyne toothpaste or fluoride gel in the bleaching tray every evening. This will desensitize the teeth before commencing whitening treatment.
2. If sensitivity should arise when whitening, place sensodyne or fluoride gel into the tray and sleep overnight with the tray in place, you may need to take painkillers.
3. If teeth are frequently sensitive when whitening, alternate nights placing sensodyne or fluoride gel one night and the whitening material the next.
4. If sensitivity persists focus on whitening top teeth only first then the lower (don't worry, colour will match) and consider using for 4 hours during day instead of at night.

Whitening Tips

1. After 2-3 days you will notice a difference, 5-7 days get healthy white (match white of eyes) teeth and 2 weeks for bright white (whiter than whites of eyes) on average.
2. Everyone's teeth whiten differently- slower/ faster and some resistant to whitening to a very bright result. If you are not happy with the result speak to your dentist for advice.
3. For best results:
 - a) Be consistent –the result is cumulative, must do night after night after night for best results
 - b) Must put enough gel in tray – push tray against teeth and see gel smear – if this doesn't happen, more gel is required.
 - c) Do for long enough – minimum 4 hours – best results achieved if kept in all night.
 - d) Do not “yellow” teeth whilst whitening – minimise coloured foods (i.e., Curry, beer, coffee, tea – especially black etc) during whitening as counteracts whitening. Anything with colour has a yellowing effect – aim for a “white” diet.

Top ups

Once you achieve your whitening results, if you maintain a normal diet the effects of yellowing will discolour your teeth again over time. To maintain your white teeth, we recommend 3 monthly private hygiene appointments and whitening top ups every 2-4 months or as required.

If your results take 1 week or less, 1 night of whitening top up is usually sufficient to maintain your white teeth.

If it took 2 or more weeks 2 nights is advised. You can use any unused syringes (last approx. 2 years in the fridge) or purchase extra syringes from reception.

For further advice contact the practice on: 0207 738 0002 , or email:

batterseareception@dentalbeauty.co.uk

Happy whitening!