

BOUTIQUE DAY Whitening Instructions



You can whiten your teeth every day or space it out however is more convenient for you.

If you find your teeth to be particularly sensitive, then perhaps do it less frequently. Correct use of a desensitising toothpaste normally helps to reduce sensitivity as can chewing xylitol gum.

When you come to do the whitening. Clean your teeth as you would normally and make sure that the trays are dry by wiping them with a tissue if needed. If they are wet the gel doesn't stay in place very well.

Place a small amount of the gel inside the tray so that it will be against the front surface of the teeth. You should find that each tube will be enough to do both upper and lower trays for 4 nights or more. Remember less is more!

Recent research shows you get the best result by drying your teeth with a tissue before putting the trays in.

Push the trays into place and look in the mirror to ensure there isn't a significant excess of gel on the gums. Wipe any excess away with your finger.

After 2 hours the gel will have done its job and become deactivated. There is no problem in wearing the trays for longer than this time, but it won't have any greater effect. Remove the trays, thoroughly rinse your mouth with water. Rinse all residue from the gel off the trays and use a toothbrush to clean them if needed. Keep the trays in the case supplied to ensure they are kept safe and allow any moisture to evaporate ready for the next use.

Once your teeth have whitened, keep the trays safe so that you can top up the result in the future. If you have any gel left keep it in the fridge and it will remain stable for a few years. If you have any problems or think you require more gel phone the practice on 0116 2604604.