

## Dental Whitening Instructions

Dental whitening is a safe process that will give you a beautiful smile. For the best possible results please follow the following instructions:

- Before wearing the bleaching trays brush correctly and use dental floss.
- The trays should be clean and dry before application.
- Place the bleaching gel inside each tray, separately for each tooth.
- Place the trays on your teeth. It is common to have excess gel flow on your gums. Sweep it with a paper tissue.
- An increased salivary flow is normal. Use a paper tissue to remove excess saliva.
- Depending on the type of bleaching material you were supplied with, keep the trays in your mouth either for 1-2 hours or for the duration of your night sleep.
- After application, brush your teeth again as well as the trays.
- It is possible that you will feel some pain during application. Do not worry, it is physiologic phenomenon, it lasts for a short while and usually disappears after the first few days of the process.
- It is also normal to have increased sensitivity to hot and cold foods and drinks. It will not happen to everyone, if however it occurs, you are advised to use the fluoride gel that we recommended. Apply it in the trays like the bleaching gel and wear them for 5 minutes. Wait for half hour without rinsing, eating or drinking, brush your teeth and the trays and continue the process normally. If the sensitivity is very intense, do contact us.
- For the duration of the process avoid acidic (oranges, lemons and their juices), teeth staining foods and drinks (coffee, tea, red wine etc) as well as smoking.
- In order to keep your new brighter smile, visit our clinic for a maintenance session. Following a dental cleaning you will receive bleaching gel to apply for a few days.

We are at your disposal for any questions