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POWER WHITENING RECOMMENDATIONS FOR REDUCING SENSITIVITY

- Seven (7) days prior to the whitening procedure apply GC Tooth Mousse daily. Place the material sparingly into the medicament tray and wear for 60 minutes. We also recommend the use of the Oral-B Sensitive Tooth Paste. This pre-operative regime will help reduce the intensity of sensitivity experienced during the procedure.
- ***STOP USING THE TOOTH MOUSSE 24 HOURS PRIOR TO THE PROCEDURE***. This allows the protective “mask” that is applied prior to the procedure to adhere to your gums. If the Tooth Mousse is not stopped then the procedure will have to be postponed if the “mask” does not adhere. A cancellation fee will be applicable.
- Bring your medicament trays and your Tooth Mousse to your POWER WHITENING appointment. After completion of the POWER WHITENING procedure it is necessary to apply GC Tooth Mousse for 60 minutes, to ease the sensitivity experienced during the procedure.
- For 1-5 days after the procedure, depending on the level of sensitivity experienced, GC Tooth Mousse should be applied, using the medicament trays, twice daily. The trays may be worn overnight if required. We also recommend the use of a sensitive toothpaste.
- Two paracetamol should be taken at night, during the post-operative period, to avoid being woken by any sensitivity.

NB:- We recommend paracetamol rather than ibuprofen due to paracetamol being safer for the majority of the population, as well as not precipitating photosensitivity.

POWER WHITENING RECOMMENDATION TO MAINTAIN RESULT

For 48 hours after completion of the POWER WHITENING procedure it is important to avoid food that may stain your teeth. This is because your teeth are very porous and prone to staining during this time. A simple rule is to avoid foods that would stain a white shirt e.g.

- **Colas**
- **Cigarettes**
- **Tomato Sauce**
- **Blueberry Pie**
- **Curries**
- **Red Wine**
- **Toothpaste with a coloured stripe – MUST USE A WHITE TOOTHPASTE**
- **Mouth rinses e.g. Savacol, Listerine**
- **Soy Sauce**
- **Tea (including Herbal) and Coffee (with or without milk – weak or strong!)**