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TAKE HOME WHITENING INSTRUCTIONS

1. It is recommended that you do not smoke during the course of bleaching.
2. Sensitivity may result after a few days. This is usually slight and temporary. If this should occur refrain from using the treatment for 1-2 days. For those with sensitive teeth it is best to wear **Toothmousse** in the trays for 7 days prior to using the treatment.
3. Brush teeth as usual with white sensitive toothpaste.
4. Squeeze a small tear drop amount of the tooth whitening gel into the front of each tooth segment in the clear bleaching trays. Wipe off any excess gel that may ooze out of the trays with a dry toothbrush or a cloth.
5. Wear the trays for 30-60 minutes each session.
6. Wear trays with toothmousse for 1 hour after whitening
7. Repeat this for 7-10 days. **DON'T** go any longer than the recommended course of bleaching.
8. **Avoid staining foods eg Colas, Cigarette, Tomato Sauce Soy Sauce Blueberry Pie, Curries Red Wine Toothpaste with a coloured stripe – MUST USE A WHITE TOOTHPASTE Mouth rinses e.g. Savacol, Listerine, Tea (including Herbal) and Coffee (with or without milk – weak or strong**