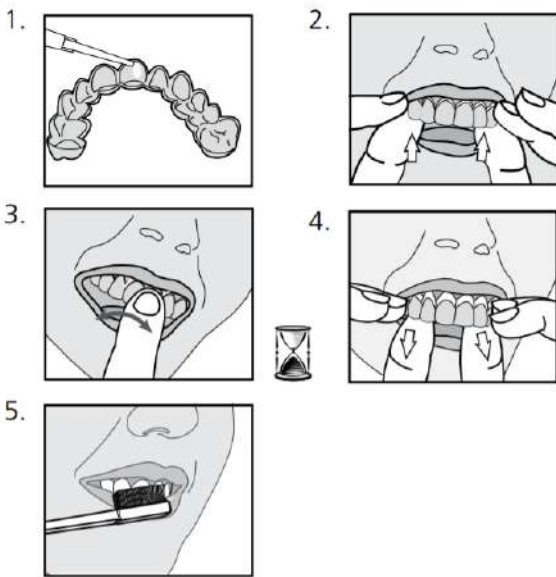


Instructions for **Whiter** & **Brighter** Smiles



Congratulations on choosing to whiten your teeth at FlagSmile Dental! From personal experience and feedback from our patients, we think the following info will be really helpful for you. Don't forget to keep up your 6 monthly check ups and

How to use the whitening tray and gel



Before you start, clean your teeth well by brushing and flossing. Next, follow these steps:

- 1) Place a tiny bit of gel into every compartment of the tray for the teeth undergoing treatment.
- 2) While looking in the mirror, seat the tray in your mouth. The tray with the big teeth at the front are for your upper teeth; the tray with the smaller teeth at the front are for your lower teeth.
- 3) Wipe away excess gel with a tissue. Leave in mouth for approx. 45 minutes. Do not eat, drink or smoke during this treatment time. If your teeth become sensitive, then take it out sooner than the 45 minutes.
- 4) After treatment, remove tray. Rinse tray and mouth with lukewarm water. Use a soft toothbrush with water to gently clean your teeth and your tray.
- 5) Apply desensitising toothpaste to teeth and leave on teeth for at least 10 minutes to minimise sensitivity after treatment.

Other useful tips:

- ✓ Store the whitening gel in a cool, dry place (2-25 degrees C). Do not use after the expiration date. Use whitening gel at room temperature.
- ✓ Do not smoke immediately after treatment—wait for at least 2 hours. Foods and drinks containing strong colours should be avoided for at least 48 hours or consumed in moderation.
- ✓ Avoid swallowing the whitening gel. Definitely avoid having the gel in contact with eyes and gums. You may also notice some whiteness on the edge of your gums. This is caused by excess gel sitting on the gums for too long. This will disappear within a few days. If there is any discomfort, rub a little vitamin E cream on the gums.
- ✓ Initially, you may notice some white flecking of the enamel during the whitening process. This will settle down and disappear in the first 7-10 days after you have stopped using the gel. Repeat the whitening process above until you are happy with the colour of your teeth (usually 7-10 days). Depending on how much staining foods you have, the whitening process should only need to be repeated every 3 to 6 months. Keep your trays in good condition



- ✓ It is normal for your teeth to become sensitive during the whitening process. If this happens, give your teeth a break by having a "night off" in between treatments. On the "night off", load the trays with desensitising toothpaste instead of whitening gel, and leave it in your mouth for 45 minutes.
- ✓ Keep up to date with your 6 monthly check-up and clean appointments to help maintain your result.

Got a question? Give us a call on (07) 5546 9710. We care about you!