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17 CABINET LA MUETTE
CHAUSSÉE DE LA MUETTE



Teeth bleaching – Instructions

Congratulation and thank you for choosing our practise for you bleaching. Please follow carefully instructions during your treatment.

Basically, the whiteners use bleaching chemicals to get down into the tooth enamel and set off a chemical reaction (specifically, an oxidation reaction) that breaks apart the staining compounds. To start a bleaching treatment you have to be cavities and gum diseases free. If it is not your case, please tell the dentist.

You have :

- 2 bleaching trays
- 6 bleaching syringes for 3 weeks
- 2 reusable tips

This treatment is a night treatment. Trays must be wear at least 5 hours per nights.

Follow the instruction carefully at this point :

- Brush and floss your teeth 30 minutes before starting the bleaching
- Dry your trays with a compress
- Take the syringe out of the kit. Remove the cap and insert a tip by twisting it securely onto the syringe
- Place a small drop of gel into every compartment of the tray for all the teeth undergoing treatment
- Dry your teeth with a compress
- Place the tray into your mouth, over your teeth.
- Some of the gel may ooze out over the tray and onto your surrounding gums and tissue. Wipe away this excess gel with a compress
- Wear the trays for at least 5 hours
- Next morning, remove trays. Rinse tray and mouth with clear water.
- Wait 1 hour before brushing and flossing your teeth. (you can eat between)
- Dry trays for the next use

A first photographic assement must be done 2 weeks after the start of the bleaching then at the end.

Recommendations :

- Foods and drinks containing strong colors should be avoided during the treatment (red wine, soft drinks, soy sauce, curries, berries...)
- If you have any sensibilities, please stop the treatment during 48 hours then start over.

Whitening is not a once on a lifetime event – your results will fade over time. How long whitening lasts varies between each individual and depends on a number of factors, including: age, starting tooth shade, history of trauma to teeth, diet, oral hygiene, and smoking.

If you have any questions or concerns please contact our practise.

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