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TAKE-HOME TEETH WHITENING

In Your Introductory Packet

It should contain:

- 2x Opalescence(tm) 10% Carbamide Peroxide Gel
- 2x Opalescence(tm) 16% Carbamide Peroxide Gel
- Custom-Fitted Trays (upper and lower)
- 1x GC Toothmousse(tm)

Prior to Treatment

Brush and floss just prior to bleaching your teeth. The whitening gel is the most effective with clean teeth. Make sure that the bleaching trays are clean and dry before applying the whitening gel. Moisture reduces the efficiency of the whitening gel and slows down the whitening process.

Applying the Bleaching Gel

When you apply the gel make sure not to fill the trays. Place a SMALL drop of tooth whitening gel half way up on the inner front surface of tray (in the front of each tooth in the reservoir prepared). Do not spread the bleach around. Recap the syringe for next treatment until empty.

Inserting the Bleaching Trays

Insert whitening tray in the mouth over the teeth. Seat the tray firmly against the teeth. Wipe the excess gel, which seeps over the brim of the tray onto your gums with your finger or tissue. Wear the tray with the gel as directed below.

Wearing Time Recommendations

Day 1 it is recommended to use 10% strength gel for only 30 minutes to 1 hour to introduce your teeth to the whitening procedure.

Day 2 if no significant sensitivity is experienced, then wear 10% gel overnight. Alternatively you can apply the 10% gel for 2 – 4 hours once or twice/day.

Day 3 it is recommended that you take a rest. Load GC Toothmousse into the trays and wear overnight. This step avoids/improves sensitivity issues and also enhances your teeth's' strength.

Day 4 and onwards you can now apply 16% strength gel either 30 minutes to 1 hour once or twice/day OR overnight if no significant sensitivity is experienced. This is continued for 2-3 days.

Repeat with step 3 and step 4 (2 -3 days of whitening and 1 day of Toothmousse until desired shade is achieved.

After Whitening

Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning. Apply GC Toothmousse if your teeth become too sensitive.

Caring for Your Trays and Gel

Clean whitening trays with a toothbrush and cold water. Store trays in the tray holder and gel in cool dry place away from heat and direct sunlight. The gel may be refrigerated to prolong the shelf life, but do not freeze.

