



Carnegie Dental Group

Instructions for Tooth Whitening

1. Brush your teeth (to remove any debris)
2. Remove the cap from the tube of opalescence whitening gel and express the content evenly into the trays. The gel should be placed on the outer or facial aspect of the trays so that it contacts the visible surface of the teeth. Use only a small amount of gel.
3. Seat the trays over the teeth and ensure they are correctly positioned (theses trays are custom made to suit your teeth so if the trays are not in the right position they will not seat correctly).
4. If too much gel is placed in the trays it will spill out the gum. Remove the excess gel using a tissue or a cotton bud and next time use a smaller amount of gel.
5. The gel should be worn in the trays for 1 hour per day for 10 consecutive days.
6. Remove the trays form you mouth.
7. Brush your teeth (to remove residual gel from your teeth).
8. Wash trays in cold water (hot water will deform the trays).
9. Dry and store in the container provided.

At the end of the recommended time (10 days) an appointment with your dentist is require to assess the results of the whitening. Depending on the results of the initial whitening, you may require to wear the trays for additional days, this will be determined by your dentist.

Teeth are naturally darker along the gumline. These areas may require more time to lighten then the rest of the tooth surface and usually remain slightly darker.

Helpful hints

- A small percentage of people experience sensitivity while whitening. If experience sensitivity discontinue use and contact your dentist.
- Coffee, cigarettes and food with strong colours, like beetroot and wine can stain your teeth it is recommended that these things should be avoided while whitening your teeth.
- Keep the whitening gel out of sunlight and away from heat. We recommend that you keep one tube in the bathroom with your trays and the others in the fridge.

We hope you enjoy smiling as much as we do.