



AT HOME *Tooth Whitening*

THE BLEACHING KIT



- 5x SDI Pola Night Bleach Syringes
- 1x GC Tooth Mousse Plus
- 2x Custom Trays

DIRECTIONS FOR USE

- 1 Floss and brush your teeth as usual
- 2 Place a small amount of gel (matchstick head sized) into the tray, strategically into the front surface of the teeth which you want to be treated
- 3 Place the loaded tray into your mouth, taking care not to extrude gel onto your gums
- 4 Wear for 60-90mins or overnight
- 5 After whitening, rinse trays in cold water & brush your teeth to remove excess gel
- 6 Apply Tooth Mousse to your teeth and leave for 45mins before eating or drinking



DO'S:

- ✔ Minimise consumption of coffee, tea, red wine and tobacco
- ✔ Continue good oral hygiene throughout treatment
- ✔ Keep note of the shelf life of the whitening gel
- ✔ Store spare gel in a cool, dry place

DON'TS:

- ✘ Use whitening gel while pregnant or breastfeeding
- ✘ Overload trays with too much gel; tooth/gum irritation may occur
- ✘ Use other household or whitening treatment to whiten teeth
- ✘ Eat, drink or smoke while wearing the trays

OTHER INFORMATION

- Bleaching is a chemical reaction between the minerals in your teeth and the bleaching gel
- Bleaching results vary significantly between different patients and different teeth, we cannot guarantee how your teeth will respond to the process
- Sensitivity is a common side effect of bleaching, it can be expected by most people that use bleach gel

***After bleaching, most importantly;
remember to smile!***

**If you have any concerns or wish to return
for a follow up appointment, contact the
practice on 4926 1887**

