

The Parkstone Dental Practice

Whitening Instructions

Thoroughly brush your teeth. Place a small bead of gel per tooth (0.5 cc per tray) in the deepest portion of the trays. Be careful not to overload the trays. Insert the trays and gently wipe away any excess gel from around your gums.

There are two protocols for use-

Cautious Use 3 hours each evening for seven days
3 hours every other evening for seven days
Then once a month for 30 minutes whilst in bath/shower etc.

Overnight Use How the Americans Do it!
Sleep in the trays for eight hours every other night for 20 days. Then once a month for 30 minutes whilst in bath/shower etc.

Some people (2%) show minor gum inflammation and/or tooth sensitivity, with overnight use, so if this happens go back to the shorter time exposure.

After use brush your teeth and wash the trays thoroughly in cold water.

5 tubes should be ample for this procedure, but more can be obtained from reception if required.

A change of one shade lighter is nearly always achieved, possibly more if teeth are darker.

How does it work?

It penetrates the tiny surface cracks of the enamel and whitens these fissures and whitens tea/coffee and food staining.

Please contact the practise if you have any problems or questions.



35 Penn Hill Avenue,
Lower Parkstone, Poole BH14 9LU
01202 747545
info@parkstonedentalpractice.co.uk
www.parkstonedentalpractice.co.uk