



Hanham Dental

Tooth Whitening Instructions

1. Prior to Treatment:

Brush and floss just prior to bleaching your teeth. The whitening gel is the most effective with clean teeth. Try the trays in first without any bleach to check the fit and comfort. 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

2. 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 tray). Do not spread the bleach around. Recap the syringe for next treatment until empty. The average treatment per arch requires approximately 0.5ml of whitening gel. We recommend that you only bleach the front 6-8 teeth as no one sees the back teeth.

3. 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, by holding the tray up with one hand, wipe the excess gel off of the gums with your finger or tissue. Wear the tray with the gel as directed below.

4. Wearing Time:

We recommend that if you have not whitened before, use for 30 minutes to 1 hour the first time and increase the wearing time if there is little or no tooth sensitivity. Carbamide Peroxide Bleaching Gels can be used 2 to 4 hours once or twice/day or overnight while sleeping if no sensitivity

5. After Whitening:

Remove the tray and rinse off your teeth. Brush any remaining gel away. Brush, floss and continue routine dental cleaning. Apply desensitizing gel if your teeth become too sensitive - follow steps 1 through 4 again using the desensitizing gel.

6. Caring for Your Trays and Gel:

Clean whitening trays with a toothbrush or Q-tip 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.

DENTAL WHITENING GEL CAN BE REFRIGERATED FOR LONG TERM STORAGE. Shelf life is 1 year un-refrigerated and 2 years refrigerated. These are general recommendations and may vary between manufacturers. Please read the manufacturer's instructions. Use only in accordance with these instructions. Please checked the whitening gel expiry date on the syringe for best before date

For any further information please call 01179602940 or email info@hanhamdental.co.uk

