

# Tooth Whitening Information



Devonshire House  
SPECIALISTS IN DENTAL CARE

## How to whiten your teeth at home

90% of the effect occurs in the first 30-45 minutes of tooth whitening treatment, so allocate this amount of time to wear your whitening trays each day.

Brush your teeth first before each treatment session. Using the gel sparingly, apply a small amount to the inside of both whitening trays—in each of the ‘pools’ corresponding to the front surface of your teeth.

Carefully place the trays over your upper and lower teeth. Avoid pushing too hard as this may squeeze excess gel onto your gums. If this happens, any excess can be wiped off with your finger or toothbrush. Too much gel may irritate your gums and make them sore. Should this occur, stop using the gel for a few days until the gums recover and then you can start again.

Don't rinse your mouth with the trays in place as this will dilute the gel. After 30-45 minutes remove the trays, brush your teeth using your normal toothpaste and rinse the trays in cold water to remove any residual gel.

Continue treatment each day until you are happy with the colour achieved—usually within 5-15 sessions. Do not use your whitening trays more than once per day.

STOP treatment for a couple of days if your teeth become very sensitive. You can then restart and use for just 30 minutes per session to minimise sensitivity.

STOP the treatment completely and contact the practice if you have any other concerns.



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