



simply dental  
noosaville

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Sunshine Coast

Dr Diane Dawes B.D.S.(Hons)

### Bleaching Instructions

#### Instructions

- Brush your teeth well. Place a small drop of bleaching agent in the tray for each tooth that needs to be whitened.
- Place tray snugly over your teeth. Gently press tray to move gel into place.
- Gently wipe off excess gel with a tissue, toothbrush or clean finger.
- Wear tray for 30 minutes or as instructed by your dentist.
- When treatment has been completed remove mouth tray. Brush your teeth with a wet toothbrush to remove any residual whitening gel.
- After treatment, rinse mouth tray under water, using a wet toothbrush to clean any adhered whitening gel from tray. Keep in a cool dry place.

#### Please remember

- Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and usually remain slightly darker.
- A small percentage of patients experience sensitivity with bleaching. Should this occur, contact your dentist. It may be recommended that you bleach every second or third night and use a sensitive toothpaste before and during treatment.
- Some patients have noticed temporary discomforts of the gum. Prolonged gel contact with the gum or soft tissue may cause gum irritation. This can be minimised by not allowing gel to stay on gum/lips by using less gel or ensuring any excess gel has been wiped off. Should any symptoms persist for more than two days or progressively worsen, call your dentist. These side effects will usually subside within 1-3 days after treatment is discontinued.
- Some old amalgams or “silver” fillings may leave a dark purple colour in your bleaching tray; this is normal.
- Refrain from eating and drinking during and 30 minutes after treatment. Coffee, tobacco, and other products can re-stain your teeth over time. Should this occur, the tooth can be re-whitened within a few nights with the whitening system.
- Regular dental checkups and cleans are important before and after whitening to maintain a healthy smile. If you have any questions, please ask your dentist.

For advice during surgery hours please ring: (07) 5474 3131  
For advice over the weekend please ring our emergency number: 0417 746 921  
There will be a call out fee for this weekend service.

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