



AVENUE DENTAL

## Whitening information at Avenue Dental

1. Brush and floss your teeth before using your whitening trays- this allows the whitening solution to be in direct contact with the surface of your teeth, and gives an even whiteness.
2. You will find 2 syringes of the Pola night whitening solution in your kit. You should not go through one syringe at each use. If you do, you are using too much solution.
3. Place a 'dab' of the whitening solution in each tooth as far back as your smile line on the trays. You only need to place the solution in the surface area that is visible when you smile. There is no need to waste the solution on the backs of your teeth.
4. For the first 3-5 application, we encourage the use of only the upper arch tray. This will provide an opportunity to assess the effect and any sensitivity concerns.
5. Insert trays (with the solution in place) into mouth. Excess solution may flow out of the trays onto the gums. This should be very minimal and should be wiped away immediately to help prevent any irritation in the soft tissue. If you find that you have a lot of excess solution, this may mean you have used too much in the tray, next time use a smaller amount.
6. The solution is designed to have the best effect if left on for 40 to 60 minutes. It is not advised to leave the whitening solution on for extended periods, or overnight as sensitivity experienced may be experienced.
7. Remove the trays after the desired time. Rinse your mouth thoroughly with water. The teeth initially may have a frosty white appearance. They will appear shiny again when in contact with your saliva. Avoid tea, coffee, red wine, curries, and cigarettes during this time, or typically anything that will stain a white t-shirt.
8. Rinse and brush trays under cold water and allow to dry before putting them away in a cool place. A storage box will be included in your kit.

9. Do not throw your trays away after the completion of this treatment, as there are touch up kits available.

10. Keep your models. If you damage or misplace your whitening trays, they can be remade conveniently and at minimal cost.

#### Sensitivity

Temporary sensitivity (including 'zingers' which are slight twinges in the teeth) is common when using the whitening system; however it is not a long term side effect. If sensitivity occurs, reduce wearing the whitening trays to every second day.

Please do not hesitate to contact the practice if you have any questions or if sensitivity is more severe. The results of teeth whitening varies from every patient, therefore we CANNOT guarantee your results. If you would like to extend your whitening time, additional gel may be purchased. In office procedures are also available- please ask about your options.

Any further concerns please contact Avenue Dental.

<http://www.avenuedental.com.au/contact-us/>