



Home Whitening Instructions

Before use:	<ul style="list-style-type: none">• Clean and floss teeth and dry with a tissue or towel.
Set up:	<ol style="list-style-type: none">1. Place a small amount of gel in each tooth compartment in the tray. IMPORTANT: Overloading trays with gel may cause temporary gum irritation.2. Place tray with gel in your mouth. As you insert tray be careful not to push gel out of tray. Bubbling within trays is normal.3. Use extra care to avoid getting gel on your gums. Remove excess gel with a tissue or cotton bud.4. After recommended whitening time, rinse trays with cold water. Use a clean toothbrush to remove any residual gel. Allow trays to dry and place dry trays in storage case and store in a cool dry place.5. Rinse and brush teeth gently to remove excess gel.
Notes:	<ul style="list-style-type: none">• Do not eat, drink or smoke while wearing your custom trays.• It is normal to see dark colours in trays where you have amalgam (silver) fillings.• The area of the tooth closest to the gums may take longer to lighten than the biting edge. It will also remain the darkest part of the tooth.• Store any remaining whitening gel in a cool dry place (preferably in the fridge) for later use. Do not freeze.
Post treatment:	<ul style="list-style-type: none">• Avoid staining foods, drinks and tobacco during treatment and at least 48 hours after your last application.• Continue good oral hygiene to avoid staining or discolouration.

Treatment Time

- **Philips Zoom! Nite White** – 1 - 2 hours/day with optimal results within 1 week
- **Opalescence 20%** - 2-4 hours/ day with optimal results within 1-4 days
- **Opalescence 35%** -30 mins/ day with optimal results within 1-4 days
- **Trewhite** – 30- 60 mins/ day with optimal results within 10 days

Sensitivity:

- Some patients may experience increased tooth sensitivity to cold during the treatment, while others may have non-specific sensitivity in their teeth, gums, tongue, lips or throat. Symptoms should subside within 1 – 3 days.
- In your kit you will receive a **Relief ACP Oral Care Gel**. This can be worn in your custom trays for 10 – 30 minutes initially before treatment if you are experiencing sensitivity or are prone to having sensitivity with your teeth.
- Aspirin, Panadol or Ibuprofen may be taken for pain or strong sensitivity.