



Instructions for Teeth Whitening

How much gel should I put in the trays?

One drop the size of a matchstick head per tooth against the outer, (facing your lips) surface. Remove and rinse the syringe tip after each use and then replace the syringe cap tightly. Remember, "Less is more".

How often?

Once or twice a day, for 30 minutes.

How do I clean the trays?

With an old toothbrush and cold water only. Do not use hot water as it will distort the trays.

How long should I wait after ceasing whitening before having any new dental work done?

A minimum of three weeks for the colour to stabilise is advisable.

Does the effect last forever?

Whitening is regarded as a semi-permanent procedure depending on the results first achieved. Additional "Touch-Up" kits can be purchased later which require much fewer applications than the original process.

This can be done every six to twelve months if necessary to maintain the result.

What do I do if my teeth become sensitive?

This is unlikely to occur with the new generation gels, but reduce the frequency of whitening if it does (e.g. once every two – three days instead of twice a day). Use a sensitive type of toothpaste (e.g. Sensodyne or Colgate Sensitive). Brush with it and apply it directly to the affected teeth, or place it in the trays and wear them for 15 minutes before and/or after whitening.

If you already have sensitive teeth use Tooth Mousse for two weeks prior to whitening and immediately after each whitening session. We can show you this product. A gel called Relief® is also available to wear in the trays.

Do I need to have decay treated, professional cleaning and polishing done first?

Yes.

Will my existing fillings, crowns or dentures change colour?

No.

Is there any evidence of toxic side effects?

No.

Is it safe during pregnancy or lactation?

It may be, but because no studies have been done to confirm its safety we do not advise it.

What foods should I avoid while whitening?

Any foods or drinks with high colour content such as beetroot, curry, black coffee, red wine, carrot juice, and also tobacco use. This is because your teeth become more susceptible to staining during this treatment.

How should I store my leftover gel?

In a cool, dark place.

Is at home tray whitening as effective as so-called "laser" whitening?

Firstly, it is not a laser, it is simply a light. Secondly, studies have shown that the light makes absolutely no difference whatsoever to the effect of the gel. The very high concentration gel can sometimes cause intense sensitivity and pain.

"Laser" whitening may give a quicker result initially but studies show the more gradual approach, using trays at home, gives a better and longer lasting whitening result.

If you have any questions or concerns, please telephone the practice on **(07) 5577 1912**.

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