

Instruction for Home Whitening

Thank you for choosing Viva Dental Studio for purchasing your whitening gels.

Here is the written advice to remind you of the steps to a beautiful white smile.

You will be whitening your teeth with a peroxide based gel. Hydrogen peroxide is the oxidising agent which is active against the stain's within a tooth. In the UK hydrogen peroxide concentrations above 6% are illegal.

Procedure

Place a tiny pea size amount of gel in each tooth area of your custom whitening trays as you were shown in clinic.

Place the trays onto each arch

- For the upper push the tray up and back
- For the lower push the tray down and back.

Wear the bleaching trays for 1 hour on each consecutive day to gain the best results.

It is advisable to brush your teeth before and after your whitening treatment. Do not brush your teeth with your trays in the mouth.

DO NOT over fill the tray. You Must NOT get the gel on your gums.

60% of the population find their teeth will be sensitive during the bleaching process.

You may get sore gums and throat.

Be Careful!

Do not use the bleaching treatment if you are pregnant. There have been no adverse reactions, but long-term clinical effects are unknown.

DO NOT wash the trays under warm/hot water this will deform them and they will not fit properly.

Only clean the trays under cold running water.

Keep your trays in the box provided this will prevent them getting lost, damaged, or for any reason deformed.

During treatment please refrain from consuming substances that could stain teeth. These include tea, coffee, tobacco products, ketchup, red wine, cola, and curry. The dentist will advise of any other substances that can potentially stain the teeth.

It is important to have your teeth examined and cleaned regularly. Book your review appointment today and we will send you a reminder a day before!

Do Not hesitate to contact the surgery if you have any questions.