



Instructions for lightening a single non-vital tooth

- This procedure involves the use of a medical device (customized bleaching trays) with small reservoirs on the inside corresponding to the outside surfaces of your teeth. It is supplied with carbamide peroxide gel as an accessory to the medical device.
- Clean your teeth thoroughly before each use, including use of floss or specialist brushes. Rinse any toothpaste away.
- Customized bleaching trays have small reservoirs on the inside corresponding to the outside surfaces of your teeth there will also be a hole in the inside of the tooth to be lightened.
- The tooth to be lightened must be filled with the lightening gel so that it slightly overflows. Further gel must be placed in the tray corresponding to the tooth to be lightened.
- Care must be taken not to overfill the tray, as this will be forced over your gums on insertion.
- When inserted any excess material should be removed from the gums with a tissue, cotton wool or a dry toothbrush
- This treatment works best if the trays are worn continually! The gel will need to be replaced every 2-4 hours. It is not sufficient to only wear the trays at night – but they can be removed for a few hours during the day if necessary.
- Extreme care must be taken after eating. Due to the hole in the back of the tooth food debris will become lodged in the inside of the tooth, and will not allow the insertion of the gel to the full extent of the tooth and lightening will not occur. Suck on the back of the tooth and remove debris with a tooth pick, toothbrush and lots of lukewarm water.
- Rinse your mouth with lots of lukewarm water to remove any remaining gel when the trays are removed. Wash the tray with **cold** water and dry thoroughly with tissues before storage.
- The whitening process works at different rates for each individual, but most patients report that if the trays are worn continually for just a few days a noticeable lightening will occur.
- It is possible to over-lighten the teeth. Stop using the trays and gel when you are happy with the colour. Remember that the natural colour of teeth is never pure white.
- The whitening gel will lighten your teeth, but not necessarily remove all internal stains, in these circumstances the teeth may never achieve a harmonious colour .
- If you are lightening a number of teeth in conjunction read the separate instructions.

Cautions

- **Sensitivity is a normal feature of the whitening process.** It usually lasts only for a few days after the duration of the whitening period. Due to this sensitivity, you may choose to wear the trays every other night or even less.
- The whitening agent is Carbamide Peroxide gel in either 10% or 15% strengths. The higher strength gel will work quicker but will result in more sensitivity. 15% is normally used.
- If the gel comes into contact with skin, wash with soap and water.
- If you swallow a significant amount drink large amounts of water or milk.
- Refrigerate for prolonged storage.
- In rare cases, an allergic reaction to the gel may occur. You will have widespread swelling of the mouth and some discomfort. Discontinue use and contact your dentist.
- Keep out of reach of children.