

### **Home Whitening Instructions:-**

- Ideally whitening should be done every alternate day for half an hour, anytime of the day.
- Make sure you have brushed and flossed half an hour before whitening to take the plaque off the teeth. Do not brush and immediately start whitening the teeth as the fluoride from the toothpaste can block the dentinal tubules and reduce the effect of whitening.
- If whitening your teeth on alternate days make them sensitive, do it once every 3<sup>rd</sup> day.
- Make sure you put one **small** drop of whitening gel in every segment of the tray on the side facing the lips. You do not need to try whitening the side facing the roof of the mouth or the tongue as it is not visible from outside.
- On the days you are not using the whitening gel, please use a sensitive tooth paste to counteract any sensitivity.
- Make sure to wipe the excess gel off the gums when you insert the tray with a clean cloth or a tissue.
- Make an appointment with the dentist after a month to review your whitening.
- In case of any reaction or severe sensitivity, stop whitening immediately and make an appointment to see the dentist.