

IN-CHAIR
INSTRUCTIONS FOR TEETH WHITENING

WITHIN 48 HOURS OF IN-CHAIR WHITENING

- Do not smoke or drink alcohol.
- Do not consume strongly coloured food or drinks (e.g. coffee, tea, curry, sauce, beetroot, red wine etc.)
- Avoid foods that are highly acidic (e.g. fruit juices, soft drinks, lemon etc.)
- Avoid food and drinks that are too hot or too cold as they can cause sensitivity.
- After evening brushing and flossing - use tooth mousse plus nightly for at least 2 weeks to avoid sensitivity and to restore minerals back into the teeth.
(Apply a small amount onto your finger and spread over the front surface of your teeth – do not rinse, eat or drink.)

TO CONTINUE THE WHITENING PROCESS AT HOME

- Brush and floss teeth prior to inserting trays with whitening product.
- Place a small amount (O) of whitening product to each front tooth surface of the whitening trays that you want to whiten.
- Insert trays and remove excess whitening product from the gums, either with a tissue or your finger. Excess whitening product not removed from around the gums can burn the soft tissue.

- Keep whitening trays in the mouth for 45 minutes to 1 hour.
(DO NOT EXCEED 1 HOUR)
- Remove trays and rinse mouth with warm water to avoid sensitivity. Rinse and brush your trays thoroughly in cold water **ONLY** to avoid distortion. Store trays in case provided.
- Clean teeth as normal with soft, wet toothbrush with **NO TOOTHPASTE.**
- Do not eat, drink or smoke for 2 hours after removing your whitening trays. *(This is applicable after the initial 48 hours from the in-chair whitening)*
- If sensitivity becomes too uncomfortable, stop the whitening treatment and use tooth mousse plus (provided). Do not continue with the whitening process until all sensitivity has gone.
- Do not whiten for a period longer than 2 weeks.
- Wait at least 4 weeks between whitening cycles.

