

USE OF CARBAMIDE PEROXIDE GEL TO LIGHTEN TEETH

You have been supplied with a soft vinyl splint/s and four syringes of lightening gel.

DAILY

- Brush and floss your teeth
- Sparingly dispense gel from the syringe into the area of the splint which covers the front of the teeth. (About a third of a syringe is usually sufficient for each upper and lower splint.)
- Place the splint in your mouth and leave undisturbed for at least 2 hours per day or can be worn overnight.
- Remove the splint and wash it in warm (but not hot) water, rinse your mouth thoroughly.
- Do not eat or drink anything except water for one hour after lightening.
- During whitening treatment and two weeks after whitening, try to reduce the amount of tea, coffee, red wine, red berries or curries you consume.

After ten days the teeth should be significantly lighter. If during the ten days a satisfactory shade is achieved; stop lightening your teeth. If after ten days you feel you need to further lighten your teeth please call the surgery to arrange a review appointment.

In the very unlikely event of any adverse reaction such as tooth sensitivity or sore gums please do not hesitate to contact the practice.

After some time (usually a year or so) a single session may be required to maintain the desired effect

Please store your whitening syringes in a refrigerator when not in use.

For further information please call 0207 580 4200.