

POND SQUARE DENTAL

TEETH WHITENING INSTRUCTIONS

- Brush your teeth
- Squeeze the whitening gel into the inner side of the trays. The gel should cover halfway along the outside of the space corresponding to the outside of the tooth's surface. Use the gel sparingly.
- Place the tray over your teeth and push it into place. Rub your finger over the outside of the tray to ensure it is well-seated.
- Remove any excess gel that may have come out through the side of the tray using a clean tissue. Some bleach will inevitably get into your mouth and will create a foamy feeling. Do not worry, it is entirely safe.
- Remove the trays after 2-4 hours. Brush the trays clean under cold running water using a toothbrush. Dry them and place them back in their box. Brush your teeth using your regular toothpaste.
- The bleach must be stored in the refrigerator.



COMPLICATIONS

- Sensitivity might occur during your treatment. This is quite normal and reversible.
- If the sensitivity is not bearable, remove the bleaching tray, clean the tray and your teeth, and do not wear it again that day.
- If the sensitivity persists through the second day, wear the bleaching trays on alternate nights.
- If the problem is severe, please call or e-mail us, however, these side effects are rare.

LOVE YOUR SMILE

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