



CP DENTAL

CUSTOM TOOTH WHITENING



Follow these instructions for best results

INSTRUCTIONS FOR USING YOUR CUSTOM TOOTH WHITENING KIT

- 1 Brush and floss teeth before each whitening session.
- 2 Take one syringe out of the kit. Remove cap and insert a dispensing tip by twisting it securely onto the syringe.
- 3 Carefully dispense a **small drop** of gel inside the tray reservoirs against the outer facing surfaces corresponding to the teeth that need to be whitened. There is no need to fill the trays!!!
If you dispense too much of the gel as it will be wasted and cause gum irritation. Be sure to wipe away any excess from the gums if this occurs.
- 4 Recommended time for whitening is 45 minutes per session. Repeat for 10-14 consecutive days depending on requirements.
- 5 After treatment, remove the tray. Use toothbrush to brush away remaining gel and then rinse your mouth and the tray. Do not use hot water to rinse trays as this will distort them.

IMPORTANT ADVICE

- If sensitivity occurs there are products you can try which may help to reduce this. Tooth mousse or a sensitive toothpaste can be applied after whitening to help reduce sensitivity. Rub a pea sized amount onto the teeth topically similar to an ointment and spit away excess without rinsing. You may find that you may require a day or two break between sessions if sensitivity is too severe.
- Keep syringes of gel in the fridge when not being used.
- Food and drink containing strong colours should be avoided during the course of the treatment and also 48 hours directly after treatment. E.g. Red wine, coffee, tea, curries. (If it would stain a white t-shirt it may interfere with optimal whitening results). Smoking should also be avoided for at least two hours following each application. For best results avoid smoking throughout treatment
- Any restorative work or crowns and veneers will not be affected by the gel however you may choose to have these replaced if there is a significant colour difference after the completion of treatment.
- It is normal for teeth to discolour again depending on your lifestyle habits. Top up sessions can be done at your convenience. Syringes not used during the first treatment can be used at a later date. Please check the expiry date of the syringes before use.

If you run out of whitening syringes refill tubes are available for purchase

f Coopers Plains 3345 1099
info@cpdental.com.au

f Mater Hill 3050 3030
materhill@cpdental.com.au

f Emerald 4987 6183
emerald@cpdental.com.au

 [cpdental.com.au](https://www.cpdental.com.au)