



DRE ST-HILAIRE, DR ÉTHIER-DA COSTA & ASS.

## **Instructions for teeth whitening**

You are about to start your teeth whitening treatment. Here is some information that will answer some of the questions you may have during the treatment.

**For the day treatment:** Wear the whitening tray(s) 50 to 60 minutes per day.

**For the night treatment:** Wear the whitening tray(s) all night **OR** you can keep the tray(s) for at least 4 hours during the day if you have sensitive teeth.

### **Steps to follow:**

1. First, brush your teeth and floss before each treatment.
2. Place a small drop of gel in each compartment of the tray. Be careful not to put too much gel, and only apply on the “visible” part of the tooth. Do not put gel on the molars.
3. Place the tray in your mouth. You can take the excess gel off your gums with a Q-tip or a tissue.
4. Do not drink, eat or smoke during treatment.
5. Rinse the trays with water after treatment and keep them dry in their box.
6. Rinse your mouth with water or brush **WITHOUT** toothpaste.

-The treatment will last for 2 to 3 weeks.

-1 syringe corresponds to 2 days of treatment (or 4 trays)

-If you have any sensitivity, just skip one day of treatment. You can brush your teeth with Sensodyne Proenamel toothpaste. You can also put Proenamel toothpaste in your trays, wear them for 2 minutes, twice a day, for two days before starting the whitening. You can also keep on doing this during the treatment, always wait 30 minutes between the Proenamel application and the whitening. The sensitivity will disappear at the end of the treatment.

-Avoid drinking wine or tea, especially 24 to 48 hours after the last treatment, because your teeth may stain.

-We recommend that you make a short appointment with us at the end of the treatment for a follow-up examination.

-Keep your remaining syringes in the refrigerator.

-Keep your trays for future touch up.

If you have any other questions, do not hesitate to contact us at 514-622-2597.