



Robert Biskup Dentiste West Island

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AT-HOME WHITENING INSTRUCTIONS FOR PATIENTS

If you are using an at-home whitening kit to brighten your teeth, it's important to follow the instructions carefully to ensure the best results and minimize any potential side effects.

* **BRUSH AND FLOSS** your teeth before whitening: This will help remove any surface stains and ensure the whitening gel comes into contact with your teeth for maximum effectiveness.

* **USE A CUSTOM-FITTED TRAY** - Robert Biskup West Island dental clinic will provide you with a custom-fitted tray that fits over your teeth and holds the whitening gel. Follow the instructions for filling the tray with the whitening gel.

* **PLACEMENT PROCEDURE**

1. Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.
2. Seat the tray, with the gel around the teeth.
3. Wipe away excess gel in mouth with a tissue or dry soft brush.
4. After treatment, remove tray. Rinse tray and mouth with lukewarm water.
5. Brush your teeth to remove any remaining whitening gel.

* **WEAR THE TRAY FOR RECOMMENDED TIME** The amount of time you wear the tray will depend on the strength of the whitening gel and your individual needs. Follow the instructions carefully and avoid wearing the tray for longer than recommended.

* **BE PATIENT:** Teeth whitening is a gradual process and may take several sessions to achieve the desired results. Avoid overusing the whitening gel or wearing the tray for longer than recommended, as this can cause sensitivity and other side effects.

* **FOR EFFECTIVE RESULTS**

1. Do not eat, drink or smoke during treatment.
2. Do not smoke immediately after treatment – wait for at least two hours.
3. Foods and drinks containing strong colours should be avoided for at least 48 hours after treatment period or consumed in moderation.
4. Use gel at room temperature.

Follow up with your dentist: if you experience any discomfort or sensitivity during or after whitening, or if you have any questions or concerns, contact us at Robert Biskup West Island Dentist. We can help determine the cause of the problem and recommend appropriate treatment.

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