Home bleaching instructions

CENTRE DENTAIRE LAURIER

ADVISES

- Clean your teeth with floss and toothbrush.
- Place a small drop of peroxyde gel in the bleaching tray for every tooth that needs to be bleached, as shown to you by your dentist.
- Place the tray gently on your teeth with both hands. Spit any excess of product.
- Wear the trays the time indicated by your dentist.
- Gently take off the trays with both hands, rinse your mouth generously with water and brush your teeth with the recommended tooth paste.
- Clean the trays inside out with warm water and gentle soap.
- Do not drink or eat while wearing the trays.
- Avoid as much as possible acid fruits and juices, soft drinks, coffee, red wine and staining foods.
- It is normal to experience a minor dental sensitivity on the first days of the treatment, if an important discomfort should occur, suspend the treatment and call the office.
- If you have any esthetic restaurations, those will not bleach like the natural enamel and they may need to be replaced to match the new bleached color.
- Do not smoke during the treatment.
- Keep the remaining product as instructed by the manufacturer.