



# INSTRUCTIONS FOR TEETH WHITENING

Tooth bleaching has become very popular in recent years and its success is now very well documented.

The amount of colour change varies from one person to another and depends on the initial shade of the tooth (yellow bleaches better than grey), the length of time you wear the tray each day and the number of weeks you continue treatment. The results can be unpredictable. Although some effect may be noticed as early as a few days, most patients report that a minimum of 2 weeks is required to see a colour change.

## THE PROCEDURE:

1. Brush and floss teeth.
2. Apply a thin coat in bleaching tray.
3. Insert tray in mouth and spit out excess gel.  
[ Wear all night or a minimum of 2 hours a day.]

## POSSIBLE SIDE EFFECTS:

1. Teeth may become sensitive to cold and biting pressure.  
(Wear for shorter periods of time or skip a day.)
2. Your gingiva or gum tissue may react to the bleaching gel.  
(Apply less gel to tray.)
3. Discomfort in your jaw joints.  
(Wear for shorter periods of time.)

## WARRANTY

If no results are obtained,  
we will refund the entire cost of the treatment.

We wish to remind you that your warranty is remitted by your treating dentist. **For more information: visit [www.ledentiste.com](http://www.ledentiste.com) + enter password: 1966**

INITIAL SHADE: \_\_\_\_\_