



clinique
dentaire
B. Fabre
et associés

What to do for a teeth whitening treatment

Before and after the treatment:

1. Two weeks before starting bleaching, ideally brush with a potassium nitrate toothpaste (Sensodyne, Sensodyne Pro-Email, Prevident 5000 for sensitive teeth).
2. Brush your teeth without toothpaste and floss before each application of whitening gel.
3. Apply a small amount of gel in the gutter at the center of each tooth.
4. Insert the gutters into the mouth and remove any excess gel with a tissue.
5. Wear the gutters once or twice a day for a maximum of 30 to 45 minutes. Even if you feel sensitivity, do not space the treatment one day apart, it is important to continue the applications. If you have any concerns, please do not hesitate to contact us.
6. At the end of each application, remove the gutters, rinse them under water and brush them. Rinse your mouth thoroughly with water, wait 30 minutes before brushing teeth. It is important not to clench the teeth together while wearing the gutters to avoid deforming them.
7. For regular tooth brushing, use preferably a desensitizing toothpaste during the bleaching treatment.

To be avoided:

1. Do not put too much gel in the gutters, as this does not give a faster result and can cause sensitivity or irritation to the gums.
2. Do not eat, drink or smoke while wearing gutters.
3. Avoid eating citrus fruits or drinking fruit juices before the end of the treatment as this may cause sensitivity.
4. Reduce the consumption of coffee, tea, red wine, cola, tobacco and coloured foods (e.g. cherries, beets, etc.), as these products can contribute to staining teeth during and after the bleaching treatment.

* Wait 48 hours after the last application before consuming food or liquids that stain.

Caution:

1. Wait two weeks after the last application before starting dental restorations.
2. Keep out of reach of children and animals.
3. In case of irritation of the gums or mouth, redness, swelling or pain, consult your dentist before continuing treatment.