

# Instructions for at-home teeth whitening

Please note that at-home whitening should always be carried out on a clean and healthy mouth. Any caries and gingivitis should be treated and tartar removed before whitening treatments.

Whiten your teeth in a place where you can spit out any excess whitening product or saliva that builds up in your mouth.

Eat and drink before carrying out at-home whitening, as it is recommended that you avoid acidic foods and those that could cause staining (e.g. blueberries, curry, soya, citrus fruits, cola, red wine, coffee, tea) for two hours after using the whitening moulds.

## How to carry out at-home whitening:

1. Brush your teeth (without toothpaste) and clean the interdental spaces before starting the whitening.
2. Squeeze a **small drop** of the whitening gel into the whitening mould:
  - Place the gel in the mould so that it spreads across the fronts of the front ten teeth (see picture).
  - Do not squeeze the gel in the bottom of the mould, as this will spread the gel on both sides of the dental arch. Instead, try to apply the gel to the inner front of the mould, which will put the gel on the front surfaces of your teeth.
  - No more whitening gel than this is necessary – it will not give a better result, and will just overflow out of the mould.
3. **Close the cap of the gel dispenser immediately after application.**
4. Dry your teeth with paper and **place the whitening mould against the dental arch, then press it lightly against your teeth with your finger** to spread the gel across the front surfaces of your teeth. If there is excess gel on the gums at the edges of the mould, you can wipe it off with a cotton swab or piece of paper, for example. Try to avoid swallowing the whitening gel.
5. **Recommended usage time for whitening gel**
  - **6% hydrogen peroxide whitening gel:**  
Every day, approximately 60 minutes at a time, for 5–10 days, depending on the desired result.
  - **15% carbamide peroxide whitening gel:**  
At night for about eight hours at a time or during the day for about three hours at a time, for 5-10 days, depending on the desired result.
6. At the end of the treatment, clean your teeth and the whitening mould with a soft brush using **cold** water.
7. Store the whitening moulds in a dry place in the case provided with the whitening kit, for later whitening. Make sure that the moulds are airtight and not twisted in the case, so that they maintain their original shape.
8. You can do a new whitening treatment after six months or a year, depending on your needs.



## Things to consider when using at-home whitening treatments:

- Do not use whitening gel if you are allergic to peroxide products.
- Dental whitening is not recommended for pregnant or breastfeeding women, or for anyone under the age of 18.
- Store the whitening gel at room temperature. Shelf life after opening is 1 month, with the cap closed.
- The whitening product has no effect on dental fillings, crowns or dental implants.
- Do not use tobacco products on days when you are using whitening moulds.
- Do not eat or drink with the at-home whitening moulds in your mouth.
- Keep whitening products out of the reach of children.