



## TOOTH WHITENING

### The science

Tooth whitening is a bleaching process that lightens the teeth and removes discolouration and stain from the enamel and dentine.

We provide you with a custom fit, super thin whitening tray that holds the gel in place for about half an hour a day.

You will need two appointments one for impressions and one for tray fitting and instruction.

Some patients experience temporary tooth sensitivity.

Six to ten applications will give a lasting result for one or two years. You can top up every few months to keep your teeth looking white and bright.

Many dentists consider this whitening process the safest cosmetic procedure available today.

**01276 474702**

**[www.orchardcottage dental.co.uk](http://www.orchardcottage dental.co.uk)**

## The instructions

- Keep the tubes of gel cool and away from sunlight.
- Load the gel as instructed so that it will cover the front surface of the teeth you are whitening, the trays must be clean and dry.
- Fit the tray and remove any excess gel by carefully wiping with a soft tissue.
- Avoid getting any gel on your clothes or valuables.
- Keep the trays in place for about one to two hours per day.
- Do not smoke or eat while the trays are in place.
- You should notice your teeth whitening after just one or two applications.
- After use wash the trays gently in warm water and let them dry. Do not brush your teeth for 30mins.
- If your teeth are sensitive miss a day and use a sensitive toothpaste.
- Keep the trays safe in their container.
- We can supply you with more gel.



Orchard Cottage Dental

82 Guildford Rd, Lightwater, Surrey GU18 5RY

phone: 01276 474702

web: [www.orchardcottedental.co.uk](http://www.orchardcottedental.co.uk)