

## **TEETH WHITENING RECOMMENDATIONS**

Please be advised that those instructions are to be followed in order to guarantee the efficiency of your treatment.

If you have any questions, please contact our secretary's office either by phone at 01.40.70.95.64 or by email at [smileclinicparis@gmail.com](mailto:smileclinicparis@gmail.com).

### **TO READ BEFORE STARTING THE TREATMENT**

1. Brush your teeth then floss before the whitening treatment because the gel is much more efficient on clean teeth.
2. Apply a thin line of VERTICAL gel on the inside of the bleaching tray, on the side matching the front of your teeth. A whitening syringe allows for 2 to 3 nights of whitening treatment.
3. Insert the tray inside your mouth and install it on your teeth. Wipe away any potential excess of product with a cotton bud.
4. Wear the whitening tray at least 5 hours a day, or ideally throughout the night for 20 to 25 days, according to your dentist's prescription.
5. The following morning, take off the tray and proceed to brush your teeth with a wet toothbrush and fluoridated toothpaste. The appearance of white stains might happen but should not worry you. They will disappear progressively in the course of the treatment.
6. After each use, rinse your bleaching tray with cold water, let it dry, then keep it in its designated box.

### **RECOMMANDATIONS DURING THE TREATMENT**

1. Cease treatment for a night if your gum and/or teeth feel too sensitive. If ever the pain remains, use a desensitizing toothpaste (for instance : SENSODYNE RAPIDE) by applying it inside your bleaching tray instead of the whitening gel for 10 minutes up to an hour in case of more significant pain.
2. If discomfort becomes too much to bear, please get in touch with our dental practice.
3. Avoid consuming products such as tea, coffee, nicotine, berries, red wine... If you cannot avoid certain foods, wait for a minimum of 2 hours after taking off the whitening tray to ingest them.
4. Towards the end of your whitening treatment, we advise you to brush your teeth with a fluoridated toothpaste (FLUOCARIL BI FLUOR) in order to encourage a good remineralization of your teeth. If you have remaining whitening product, you can conserve it in the refrigerator.

If you think that the results of your whitening treatment are not satisfying enough, get in touch with the clinic for a quick new assessment.

The Smile Clinic team wishes you a successful and pleasant treatment, and remains available for any further information.