



## Home Teeth Whitening Instructions

### Brush Teeth

Before inserting the trays, brush teeth as normal using sensitivity reducing toothpaste, e.g. Sensodyne, Colgate Instant-Relief. Rinse any residue from whitening trays by running under a cold tap and gently brushing with a toothbrush, before drying the trays thoroughly.

### Apply Whitening Gel to Trays

Load the whitening trays in the manner shown by your clinician, ensuring not to overfill. Only a small drop of whitening gel is required for each tooth being whitened (approximately the size of a matchstick head). Apply the gel to the inside of the tray, on the outer facing aspect.

### Insert Whitening Trays

Dry teeth by swallowing saliva and sucking air in over teeth. Fully seat trays and gently massage the gel against the teeth to evenly spread over the tooth surface.

### Remove Excess Gel

Ideally, if the correct amount of gel is used, none should spill over the sides. If it does, run your finger under the inside of your lip to remove excess gel. The gel can taste unpleasant, but it is not harmful if swallowed in small doses. You may feel a tingling sensation on the gums.

### Wear Overnight

For the best outcome, trays should be worn for 3 hours in the evening after your last meal, continuing to wear them overnight until morning, for a minimum of 14 consecutive days. If you find night-time wear difficult, wear the trays for at least 3 hours during the day.

### Remove Trays

After the whitening session is complete, remove trays and rinse the mouth out with lukewarm water, then brush teeth as normal. Gently rinse the trays under cold water with a toothbrush but no toothpaste.

### Avoid Staining

During the whitening process, teeth may be more prone to picking up staining. Therefore, it is important to avoid any food or drinks which can cause staining including tea, coffee, red wine, curries etc. during the 14-day whitening process.

### Stay Hydrated

If trays are worn overnight, it is common to get a dry sensation in the throat on waking which will settle. Sipping water will help. Apply a hydrating lip balm to your lips when the trays are in as they may become dry.

### Monthly Maintenance

For ideal long-term maintenance of results, whiten teeth as above for a single night once every month. Additional whitening gel is available to purchase at reception as required, costing €20.00 per tube.



## Home Teeth Whitening & Sensitivity

### Sensitivity Issues

- Sensitivity is a common side effect of whitening teeth.
- Over 70% of patients will experience some degree of sensitivity before, during, or after whitening teeth, which can last for up to 2 weeks.
- This is completely normal, and does not indicate any damage to the teeth. Patients with pre-existing sensitivity may be more likely to have sensitivity during whitening.

### Tips to Reduce Sensitivity

- Regular brushing with sensitivity reducing toothpaste (Sensodyne, Colgate Instant-Relief) is recommended 2 weeks before treatment, during treatment and for 2 weeks after.
- If required, a painkiller you normally use for a mild headache is advised, and should be taken 30 minutes before inserting whitening trays.
- If a particular tooth shows more severe sensitivity, the gel can be left out of the tray in that region for one night to allow the tooth to settle.
- Applying sensitivity reducing toothpaste or stronger GC Tooth Mousse (available at surgery) directly to the sensitive area for 5 minutes can also settle sensitivity.
- If all teeth are very sensitive, the tray can be filled with sensitivity reducing toothpaste or GC Tooth Mousse and kept in place for an hour.

Should you have any further queries, please contact our patient care team on 091 757 678 or email [info@renmoredental.ie](mailto:info@renmoredental.ie)