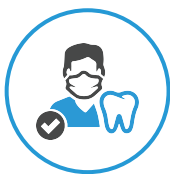




YOUR STEP BY STEP WHITENING **GUIDE**



“Specialty oral care and teeth whitening supplier”



Genuine

*Same products
as dental practices*



Affordable

*Shop online with
delivery to your door*



Superior

*Products
recommended by dentists*

YOUR WHITENING GUIDE

1



Whitening Your Teeth

2



Adapting Your Trays

3



Tips & FAQ's

WHITENING INSTRUCTIONS



(If required) **Remove** the syringe Cap. Insert an application tip by twisting it securely onto the end of the syringe.



Place 1-2 pen drops of gel onto each tooth indentation. Repeat for upper and lower trays. If applicable, the numbers on each syringe indicate the total amount of gel to use for each whitening treatment.



Seat the whitening trays and remove excess whitening gel with a tissue or soft toothbrush.



Leave seated trays for recommended *wear time*. Adjust time as required. Do not wear for longer than recommended.



Remove both trays. Rinse your mouth and trays with room temperature water.



Apply Tooth Desensitising Product (*optional but recommended*). See below or our *website for products* and more info.



Repeat Steps 1-6 in accordance with your personal whitening regime.

Manage Tooth Sensitivity!

Pola Soothe **Popular**

A dentist endorsed, soothing, tooth strengthening and fluoride releasing gel to manage sensitive teeth. Use before/after whitening. View *more products* on our *website*.



THERMOFORMING INSTRUCTIONS



Bring 10cm of water to the boil .



Place the water in a small heatproof bowl and stand for approx. 1-2 minutes to cool slightly.



Whilst holding onto the tray tab submerge the entire tray (up to the holding tab) in hot water for 3-6 seconds



The tray will appear to melt or wilt. This is required but ensure both sides of the tray do not melt into each other.



Position the tray over your teeth. Bite firmly into the tray and use your fingers to firmly push and adapt the tray to your teeth.



Close your mouth and lips tightly. Suck all excess water from the tray for 5-10 seconds.



Allow the clear tray to harden in your mouth. If needed, continue to use your finger to adapt the tray to your teeth whilst sucking excess water from the tray.



Remove the tray from your mouth. You can repeat Steps 3-7 (*as required*) to ensure an optimal fit.



Once the tray has hardened place the tray back into your mouth to ensure it fits tightly.



Once satisfied, trim the holding tab. Complete Steps 1-9 for both your upper and lower teeth.



(Optional) **Trim** the tray with sharp, small scissors to eliminate gel leaking onto your gums. Ensure you do not excessively trim the tray by using a pen to mark the perimeter of each tooth and carefully cutting around the marked area.

Upgrade to Custom Fit Trays!



**Customised
Fit**



**Prevents
Gel Leakage**



**Dentist's
Preferred Choice**

Just like your dentist, from imprints of your teeth we fabricate your personalised Custom Fit Trays. Simply order a kit, take your impressions and we do the rest.

View our [Custom Fit Range Here](#) .



TIPS



Use Custom Fit
Whitening Trays



Whiten Daily
Until An Ideal
Shade Is Achieved



Before
Whitening Brush,
Floss and Rinse



Don't Eat,
Drink or Smoke
Whilst Whitening



Don't Overfill
Whitening Trays



Avoid Staining
Foods for 48hrs
After Whitening



Use a Tooth
Desensitising
Product



Maintain Good
Oral Hygiene and
Checkups

FAQS

How long do I leave my whitening gel in for?

This depends on the brand and strength you have chosen. To view whitening gel wear times visit www.thehouseofmouth.com.au/instructions and click **Whitening Gel Wear Times**.

How often should I whiten?

Whiten each day until you reach your desired shade then start a regular maintenance regime; with 1-4 treatments every 2-8 weeks (*adjust as required*).

How long do results last for?

Once you have initially whitened your teeth, they should always be whiter than they originally were. 'Topping up' regularly will help maintain your white smile.

Will my teeth become sensitive?

Some people experience sensitivity when whitening. Our products contain soothers or desensitisers. We recommend using a [Sensitivity Product](#) whilst whitening – visit our [website](#) for further info.

Where do I store my whitening gel?

Either at room temperature or in the fridge. Ensure the gel is at room temperature prior to use.



Need Help?

www.thehouseofmouth.com.au/contactus

