



BOYNE DENTAL & IMPLANT CLINIC

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Instructions for Tooth Whitening Kit

- Brush your teeth as normal.
- Take the whitening syringe and remove the cap.
- Insert an application tip by twisting it securely onto the syringe.
- Place a small drop of gel into every compartment of the tray for the teeth undergoing treatment.
- Place the bleaching tray around the teeth.
- Wipe away any excess gel in the mouth with a tissue or dry soft brush.
- Wear the trays overnight or for a minimum of four hours during the day.
- After treatment remove tray from your mouth.
- Rinse the tray with lukewarm water.
- Brush teeth as normal.
- While using your whitening kit it is advisable to use Sensodyne toothpaste to reduce sensitivity.
- Try to avoid staining foods and drinks while whitening your teeth.
- When finished, keep the trays. You may want to whiten your teeth further, in future, with new bleach.

If you are in any doubt please contact: **Boyerne Dental & Implant Clinic**
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