



INFORMATION ON AT-HOME TOOTH WHITENING WITH TRAYS

1. PREPARATION

Before starting the treatment you must have had a **professional hygiene session** and a clinical assessment. Whitening only works on natural teeth: fillings, crowns and veneers **will not change colour**.

2. APPLYING THE GEL

Brush your teeth before use. Place a **small drop of gel** for each tooth inside the tray, on the front surface only. Insert the tray and **wipe away any excess gel** that squeezes onto the gums with a finger or a toothbrush.

■ **Do not use too much gel: excess does not improve results but irritates the gums.**

3. TIMING AND DURATION

Strictly follow the **wear time prescribed** by your dentist for the specific product (generally from 30 minutes to a few hours, depending on the concentration). Do not exceed the prescribed time. The course usually lasts **10–14 consecutive days**.

4. AFTER EACH APPLICATION

Remove the tray and **rinse your mouth** with water. Clean the tray with cold water and a toothbrush, dry it and store it in its case. Do not use hot water, which could warp it.

5. DIET

Throughout the course follow a **white diet**: avoid staining food and drinks (coffee, tea, red wine, chocolate, tomato, berries, curry, turmeric, liquorice) and **do not smoke**, especially in the hours following each application.

6. SENSITIVITY

Temporary sensitivity to cold and in the teeth is common and normal: it eases by pausing for a day or two or by spacing out the applications. Sensitivity gradually decreases at the end of the treatment, but it may take several weeks to disappear completely. Using a **desensitising toothpaste** during and after the treatment can help.

■ **Stop and contact the practice in case of intense or persistent pain or clear gum irritation.**

7. MAINTAINING THE RESULT

The result is stable but not permanent: it tends to fade over time depending on your habits. Careful hygiene, regular check-ups and occasional short top-up courses help maintain the shade achieved.