

The Gingerbread House Centre for Health
The Gingerbread House
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INSTRUCTIONS FOR "AT HOME WHITENING TRAY SYSTEM"

You have chosen to use The Gingerbread House "At home whitening system". We have provided you with a pair of the highest quality custom whitening trays, which we think you will find simple and comfortable to use. You have also been supplied with what we consider to be the very best tooth whitening product available worldwide. Discus dental gel is an excellent product, and with the addition of ACP, has increased effectiveness and decreased incidence of sensitivity.

1. Remove the trays from the plastic box. Check they are clean.
2. Introduce a small amount of gel into each tooth unit, as you were shown at the practice. It should be only placed on the **inside** of the tray corresponding to the **outside** surface of the tooth.
3. Remember a little goes a long way. Each full application for both trays should only move the plunger one numbered unit. You should get six full applications per tube.
4. Brush and floss your teeth and spit out until your mouth is relatively dry.
5. Place both upper and lower trays over your teeth and seat fully using your fingers and gently biting together.
6. Using your index finger, press gently against the outside of each tooth to ensure "spreading" of the gel on the tooth surface.
7. Keep trays in for a maximum of one hour if using 22% or overnight if using lower concentrations.
8. Remove trays from mouth over a basin. Rinse the trays and your mouth with luke warm water. Brush your teeth and the trays with water only to remove all gel.
9. Brush your teeth with toothpaste as usual.
10. Place the trays back into the box slightly wet.
11. Keep the trays in the box when not in use as we find the biggest problem with this technique is that trays get mislaid (or chewed up by pet dogs!)
12. Expect some increased sensitivity to cold for an hour or two after whitening. This is transient and will pass.
13. If sensitivity is becoming a problem, call us at the practice and we can advise you on ways to remedy this. There are various simple techniques to alleviate the problem and is no cause for concern. You **shall** end up with whiter teeth!
14. Please do attend your review appointment at the practice as it is important to us to know that you are satisfied with the results. We can compare shades and photos.

Often , patients want to go forward with changing their silver mercury fillings or improving their smiles with porcelain veneers.

We are proud of what we do at The Gingerbread House and we get great satisfaction from seeing happy patients with new healthier looking smiles.

If you have any problems whatsoever, do not hesitate to contact us for advice or support.

Dr A Charles-Kariel and Dr H Grahame

The Gingerbread House Centre for Health
Conventional and Complementary Working Together.
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