TOOTH WHITENING AT HOME WITH TRAYS

Before the whitening it is important to go through a **cleaning procedure for the removal of stains and plaque and also to polish the fillings**. **Whitening works better for clean teeth.**

There are two kinds of whitening gel for the trays:

1) 10% carbamide peroxide for all night 8-10 hours
2) 16% carbamide peroxide for 4-6 hours

You can only purchase the gel from a dental clinic. A dentist has to make sure your teeth are healthy.
The gel should be stored **in the fridge** in its original box.

Before the whitening teeth need to be flossed and brushed with a fluoride toothpaste. Apply the gel in the tray as **a thin line** to the front surface of the tooth. Place the trays on the teeth. Gently apply some pressure on the trays and remove the gel excess with a cotton bud.

After whitening remove the trays, **rinse your mouth and brush your teeth with a fluoride toothpaste.** Opalescence toothpaste is recommended during whitening for being less abrasive.

Clean the trays with tap water and dry them. Special prosthesis cleaning tablets can also be used after longer use. For the whitening procedure the trays need to be clean and dry in order to let the gel work properly.

Whitening can cause sensitivity. In that occasion you can skip the whitening for a few days or use a gel that reduces sensitivity.

The whitening period can last for no longer than 14 days. The result may vary but the final result is apparent in two weeks after the whitening. Dental materials such as fillings do not change in colour. In case fillings need to be changed it can be done in two weeks following the whitening.

During the whitening and two weeks after it is recommended to **avoid dark staining food** and beverages such as coffee and red wine, also avoid smoking. The long-term result depends mostly on the habits (coffee, smoking).

The trays can be used **again after 6 months**. Every new procedure gives better results. **Just do not forget to check your teeth at the dentist – the teeth need to be healthy for the whitening.**

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