

BLEACHING

IMPORTANT PATIENT INFORMATION

DR. TILO BARTELS PRACTICE

1. Clean teeth with toothpaste and then rinse. Ensure all food particles are removed completely.
2. Squeeze gel into your mouthpiece as demonstrated to you. You don't need to overfill it!
3. Place your mouthpiece onto the teeth and remove any excess gel with a tissue.
4. Do not eat or drink whilst the mouthpiece is in the mouth.
5. Do not press the teeth onto each other. Observe the application time as outlined below.
6. Once removed, clean your teeth and mouthpiece with warm water and a brush.
7. Wait one hour before eating and drinking.
8. Avoid drinks with colourings, such as Coca Cola, tea, coffee and red wine. Do not smoke.
9. Do not consume any citrus fruits or fruit juices during the treatment. (Acids promote sensitivity).
10. During the application do not use any fluoride gel.
11. Keep the gel refrigerated and store the mouthpiece in a dry place.
12. Should any sensitivity occur, reduce the application time. Apply for just one hour during the first week or omit one of the application days.

Application timetable:

Week 1 One hour every morning and evening

>>>>>Should you experience any discomfort, please make an appointment with the practice

Week 2 Evenings

>>>>>Should you experience any discomfort, please make an appointment with the practice

Week 3 Evenings

>>>>>Final examination in the practice (Appointment prearranged)

Week 4-6 Every second evening after brushing teeth

>>>>>Brush the teeth for two minutes with a fluoride gel (i.e. Elmex Gelee)