

# Clinique dentaire Dr Jacques Vaillancourt et Dre Nadia Fournier

## FOR A SUCCESSFUL TEETH WHITENING

- Before each application it is important to floss and brush your teeth.
- Spread the product in the base of the tray. It's not necessary to put too much because it will just overflow on the gums which can cause irritation.
- Place the tray in the mouth and take off the excess with either your finger or toothbrush. Do not push on the tray.
- Repeat this procedure for 14 consecutive nights for best results. If it is impossible to wear the tray at night you will have to wear it for 2 consecutive hours in the day.
- Temporarily teeth sensitivity during this treatment is normal. However, If you start to feel pain, persisting teeth sensitivity or redness on the gums please contact us.
- Tray Maintenance: Under running water, rinse the tray out, after each use. It could be useful again if you need to do another treatment in a year.
- The bleaching (whitening) product is to be stored at room-temperature.
- For smokers: It is important not to smoke while the tray is in your mouth and a few hours after.

### RECOMMENDATIONS :

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