

Home Teeth Whitening

How to use your kit

Your Hampton Dental Care home whitening kit

Thank you for choosing Hampton Dental Care for your home teeth whitening. You will have been given the following at your Whitening Fit appointment:

- This user guide.
- 3D printed models of your teeth.
- Your whitening trays.
- A storage case for your whitening trays.
- Four whitening gel syringes.

Whitening gel ingredients?

GLYCERIN, AQUA, PEG-400, PHTHALIMIDOPEROXYCAPROIC ACID, SODIUM ACRYLOYLDIMETHYLTAURATE/VP CROSSPOLYMER, MICA, MENTHA ARVENSIS LEAF OIL, TITANIUM DIOXIDE, SODIUM SACCHARIN, SODIUM HYDROXIDE, CALCIUM GLUCONATE, POLYSORBATE 20, ALOE BARBADENSIS LEAF POWDER, TOCOPHERYL ACETATE.

Precautions

This home whitening kit has been prescribed for you only. Do not pass it on to others. For adult use only. Keep out of the reach of children. Do not use if pregnant or breast feeding. Store in a cool dry place. For expiry date, see packaging.

Please ensure that you keep the trays safely in the container you are given when they are not in use. Do not expose the trays or gel syringes to heat or direct sunlight. Do not bend the trays or use excessive force to place them, the fit of the trays will have been tried by the dentist at your Whitening fit appointment.

Using your Hampton Dental Care whitening kit

1. Brush your teeth prior to loading the whitening tray. Load the tray by placing a small bead of gel onto the front surface of the tray for each tooth you wish to whiten, halfway up the tooth surface.
2. Gently place the whitening trays over the teeth ensuring they are properly in place.
3. You may get some excess gel extruding from the tray onto your gums. Remove this excess with a soft toothbrush or a tissue. You may gently rinse with water but do not swallow.
4. We recommend at least 6 hours wearing the tray each day or overnight when using 16% Carbamide Peroxide gel.
5. After whitening, gently remove the tray and brush your teeth. Rinse the tray under cool water and gently brush it with a soft toothbrush. Store the trays in the case provided.

Possible issues and side effects

This home teeth whitening kit is extremely safe when carried out correctly. There are however some potential side effects.

- Tooth sensitivity: To help ease this, you can brush your teeth with desensitizing toothpaste such as Sensodyne. You could also try whitening on alternate days and use the desensitizing toothpaste in between. If sensitivity persists or you become concerned, please contact the practice.
- Gum irritation: This tends to occur when the whitening gel has come into contact with your gums for a prolonged period of time. Please try to put less gel in the whitening trays when wearing them, also wipe away any excess gel with a tissue or a soft toothbrush.



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- Disappointing results: Teeth whitening is not an exact science and it may take longer than you had hoped. If this is the case, please contact the practice to purchase more whitening gel syringes to continue with your treatment for a longer period of time.

Buying top-up whitening gel

Additional whitening gel syringes are available from Hampton Dental Care. Please contact the practice to purchase these.