

„At-home tooth whitening“ by PUREWHITENING step by step

- Clean your teeth very well.
- Apply a drop of gel about the size of a matchstick head to the bleaching tray for each tooth - just do not apply on the last teeth.
- Just before putting on your trays, dry your teeth! (with a towel, cotton pad, tissue,...)
- Then apply the bleaching tray by first pressing against the biting surfaces of the teeth and then also pressing the tray on the border of the tooth and gingiva.
- If you squeeze some extra gel out of the tray, wipe off the excess and use a little less next time.
- Go to sleep immediately.
- In the morning: remove trays from your mouth and rinse under cold water. Never wash your trays under the hot water, they might deform! Do this every day for the duration of the bleaching process - if possible, do not interrupt the treatment! Start your first week with the bleaching syringe where the concentration of the active ingredient is 10%!, second week starts with 16% - this is to minimize the only side effect of teeth bleaching, which is tooth sensitivity during the treatment. The last syringe with 6 % of the active ingredient - do not start till the in office bleaching.

Tips and info during „at-home tooth whitening“

If you have sensitive teeth, you must expect that their sensitivity will temporarily increase during whitening. Therefore, we recommend min. 1 week before the start of at home bleaching, brush your teeth with Sensodyne Pronamel toothpaste or Curasept Biosmalto Mousse. You can combine those two.

ALWAYS apply your trays just before sleeping, never wear them during the day, while awake, if you are e.g. watching TV, reading, etc. - there is much less saliva produced when you are sleeping, so this way you will maximally prevent the ingress of saliva into your trays, which might deactivate the effects of the gel. Although the trays are ultra-tight, they cannot guarantee this function 100% during the day with greater saliva production.

As already said, unless you have a really serious reason, do not stop or skip your bleaching process, but if the sensitivity of the teeth becomes unbearable, those above-mentioned products can be applied instead of the whitening gel for one night - if even this does not reduce the sensitivity, trays can be worn every other day, but please contact us about this fact in next appointment – then the at home bleaching phase is extended to achieve the best result.