

TOOTH WHITENING INTRUCTIONS

JD DENTAL CARE 32 HIGH STREET HIGH WYCOMBE BUCKS
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TOOTH WHITENING

- Do not leave in mouth for more then 2 hours.
- You will get some increased sensitivity; use sensitive toothpaste or topical gel.
- Do not eat or drink for at least ½ an hour to 1 hour after whitening procedure.
- Brush 3x daily (see item 2). Use floss and fluoride mouthwash.
- Use bleaching gel sparingly. Only small amount is needed.
- You may experience some redness and sore gums. This is common, but is only temporary.
- If you experience burning or pain, please make an appointment to see your dentist as soon as possible.
- Any doubts please call the practice on 01494 528700