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Patient instructions for Inside/Outside home bleaching with trays

This is a well recognised, researched and documented procedure to safely reduce the darkness of root filled dark teeth. This is called the “target tooth”.

It can be used in isolation or in combination with other Restorative procedures. This technique uses a custom-made whitening tray and Carbamide Peroxide bleaching gel used at home by the patient.

1. Thoroughly clean your teeth, floss and use interdental cleaning aids as instructed. This includes cleaning the hole inside your “target tooth” to make sure any debris and plaque is removed. This should be cleaned with a Single-tufted tooth brush and a TePe brush.
2. Place a small blob of gel on the front surface of the tray in the area of the target tooth. This blob should be the size of a lentil and much smaller than a pea size.
3. Insert the blunt plastic syringe into the hole in your “target tooth” and slowly retract the syringe. You may feel a very small amount of excess gel with your tongue.
4. Immediately insert the tray.
5. The treatment is most effective if the tray is worn constantly with the gel replaced every 2 hours. After every 2 hour cycle the gel from the tray needs to be removed with cold water and a tooth brush. The “target tooth” needs to be brushed and the hole cleaned with a Single-tufted tooth brush and a TePe brush.
6. The tray should be worn over night also with fresh gel placed just before going to sleep.
7. Whitening should be stopped when the “target tooth” is just visibly whiter than the adjacent teeth. This can take 1 to 7 days.
8. The neck of the tooth can sometimes not bleach as effectively as other parts of the teeth.
9. The whitening procedure may require repetition on an infrequent basis.

NB: Please keep the tray and gel out of the reach of children.

Allergic reactions are exceptionally rare. Please stop immediately and contact our team urgently.

Please do not hesitate to contact me if you have any queries on 07957391314 or aj@graystonereferral.com.

A handwritten signature in black ink, appearing to read 'Ray-Chaudhuri'.

Mr. AJ Ray-Chaudhuri BDS MFDS RCSEd MJDF RCSEng LLM AFHEA FDS RCSEng

Director of Adult Care at the Graystone Referral Centre

Specialist in Restorative dentistry, Prosthodontics, Periodontics and Endodontics