Thank You for Trusting Us.
We would be pleased to be your competent partner in the future for a beautiful and healthy smile.

Your dental practice team
Tooth Whitening with Opalescence PF

- Opalescence PF 10%
  - wear time: 8-10 hrs overnight*
- Opalescence PF 16%
  - wear time: 4-6 hrs/day*

* Unless otherwise recommended.

Dear patient,

You have decided to whiten your teeth with custom trays, which is mainly done at home. Please observe the following points during application:

- You can brush your teeth prior to use for better results. Fill the whitening gel into the tray. Use approximately 1/3 to 1/2 of a syringe. To fill the tray, please only use the gel you received from us for this purpose.
- Insert tray in your mouth and lightly tap it to adapt the sides to your teeth. Use a finger or soft toothbrush to clean any excess gel. Rinse your mouth with water twice.
- Remove tray and use a finger or soft toothbrush to clean any excess gel off your teeth. Rinse your mouth enough times to ensure there is no gel remaining. Clean tray with soft brush and cool tap water.
- Please follow our instructions on wear time and duration.

General information:

- Protect gel and trays against heat and sunlight. Store the gel in the refrigerator, but please do not freeze.
- When wearing the trays, you should not smoke, eat or drink.
- Foods and drinks with a high acid content can lead to sensitivities.
- Interrupt treatment and inform us if major sensitivities of the teeth occur or in case of gum irritation.
- Avoiding staining foods, drinks and tobacco during the entire treatment period has a positive effect on the result.
- Cosmetic tooth whitening is not permitted legally for minors under the age of 18.

Please make sure that you attend the check-up appointments we have arranged for you. If you have further questions, please contact us, we will be happy to advise you.

After Care for Your New Smile

Dear patient,

Your teeth have now been whitened and no doubt you want to keep them bright for as long as possible.

You can make a major contribution by the things that you do. We would like to give you some tips to keep your smile beautiful.

During whitening treatment, your teeth may become slightly „dried“. This is now compensated by increased moisture uptake from the oral cavity. As the teeth rehydrate, they will take in any moisture available. Thus you should avoid the intake of staining substances, such as coffee, black tea, coke, red wine, red fruits, red beetroots etc., as well as smoking as long as possible during the treatment breaks and the first few days after whitening of the teeth. During the following period, avoiding or limiting these foods, drinks and tobacco is beneficial for keeping the bright color of your teeth.

It is also very important to keep your teeth free of deposits. We therefore recommend thorough personal oral hygiene. We would be pleased to inform you about suitable aids and techniques for keeping these „problem areas“ clean. You should also visit us for a „professional dental cleaning“ at regular intervals.

However, should your teeth darken slightly over the course of the next few years, which cannot always be avoided, – a short refreshment treatment can restore the brightness of your teeth. This does also not present any risk to your teeth. However, it is better not to use agents offered for „self-treatment“, as there is always a risk of damaging the teeth and/or gums.

Please make sure that you attend the check-up appointments we have arranged for you. If you have further questions, please contact us, we will be happy to advise you.