



## **Smilepod At-home whitening**

**Thank you for choosing to use the Smilepod 'At home' whitening system.**

We have provided you with a pair of the highest quality custom made whitening trays, which we hope you will find simple and comfortable to use. We have also provided the very best tooth whitening product available worldwide. Discus dental gel is an excellent product, and with the addition of ACP, has increased effectiveness and decreased incidence of sensitivity.

### **Instructions for use**

1. Remove the trays from the plastic box. Check they are clean.
2. Introduce a small amount of gel into each tooth unit, as you were shown at the studio. The gel should be only placed on the inside of the tray corresponding to the outside surface of the tooth.
3. Remember a little goes a long way. Each full application for both trays should only move the plunger one numbered unit. You should get six full applications per tube.
4. Brush and floss your teeth and spit out until your mouth is relatively dry.
5. Place both upper and lower trays over your teeth and seat fully using your fingers and then gently biting together.
6. Keep trays in for the time recommended to you by our Smilepod dentist.
7. Remove trays from your mouth over a basin. Rinse the trays and your mouth with warm water. Brush your teeth and the trays with water only to remove all the gel.
8. Brush your teeth with toothpaste as usual.
9. Do not eat or drink for 1 hour after removing the trays.
10. Keep the trays in the box provide in a safe place when not in use.
11. Expect some increased sensitivity to cold for an hour or two after whitening. This is transient and will pass. If sensitivity is becoming a problem, call us at the studio and we can advise you on ways to remedy this. There are various simple techniques to alleviate the problem and is not a cause for concern. If you have any problems whatsoever, do not hesitate to contact us for advice or support.