



Dental whitening

The kit includes **2 whitening syringes, fluorine tubes, 2 transparent trays** and a small box.

Depending on the concentration of the gel, you have the option of **night** whitening or **daytime** whitening. The duration is in principle from **10 to 14 days**.

After brushing your teeth in the **evening**, apply a **small drop** of whitening product inside the trays on **the visible side** (the one which is seen in the mirror when you wear them) of **the 8 front teeth**.

Remove excess gel that may come out of the trays with your finger or a Q-tip. **Excess could irritate the gums. The presence of dental plaque can alter the quality of the treatment.**

After removing the trays, rinse them under **cold water** and rinse your mouth.

Transient sensitivities may appear during whitening. **Do not panic**, if it's unbearable, you can space out the whitening and perform it **every 2 days**.

Once the desired shade is achieved, you can stop the whitening and switch to **FLUORIDATION**.

It helps strengthen the teeth in case of sensitivities and protects them against decays.

Apply a **line** of fluorine gel on the **bottom of the trays** on **all the teeth** and wear them for **5-6 nights**.

During whitening there is no specific dietary restriction. However, **all dyes are to be excluded DURING FLUORIDATION, for example**: red wine, tea, coffee, cigarettes, spices, etc.

However, if you need to drink a coffee (or something else) during this time, use a straw and drink a glass of water straight after to rinse your mouth.

Tip: Perform a 5-6 day fluoridation every 3 months. **Keep your trays** as they can be reused later to maintain the desired shade. Order only the products from your dentist.

If you have any questions, do not hesitate to contact the **PanaDent** team, who will gladly answer them.