

Need to know...

While teeth whitening has been a safe procedure for many years, there are a few things to know.

- There are some medical conditions where it may not be advisable to use whitening gels, please contact your dentist if you are unsure.
- Rarely, uneven whitening or banding can occur on your teeth.
- Existing tooth coloured restorations will not change colour and may become more apparent after whitening surrounding teeth.
- Teeth whitening during pregnancy and while breast feeding is not advised.

If you have any doubts about whitening your teeth you should discuss these concerns with your dentist.



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The **now** whitening system enables super-efficient teeth whitening without the time and expense of making individual custom trays. The trays have been designed to flex without distorting and the multiple finger grips on the inside surfaces of the trays holds them comfortably in place against your teeth.



Instructions

1. Identify the upper (UP) and lower (LO) trays as written on the base of each tray.



2. Place a thin strip (approximately 2mm thick) of **now** whitening gel directly under the finger grips in each tray, finishing about half a centimetre short from either end. As the gel is very viscous it will generally stay beneath the fingers with minimal gel leaking into your mouth. A thin strip of gel prevents excess seepage into your mouth.



3. Insert first the lower tray then the upper tray into your mouth and leave for 20 minutes. This can be repeated up to 3 times a day until you achieve the shade you desire. (whitening depends upon the time and frequency you wear the trays, successful results will usually occur over 10 days).

- There is sufficient gel in the 30 ml tube for at least 10 applications for both upper and lower trays
- You can purchase refill tubes of the **now** whitening gel from your dental clinic

Although the finger grips help prevent the gel reaching the gums, some people may experience slight sensitivity during the whitening process. If this should occur, stop treatment for a couple of days and resume again after the sensitivity has subsided. You may also use a desensitising toothpaste during this time.

If sensitivity persists contact your dental clinic.

Care of your Trays

The trays are made from high grade medical silicone and should be washed with warm water and stored in the holder provided between uses.