

Cavex Bite&White ABC PowerPoint User Manual

Cavex Bite&White ABC User Manual

Congratulations on your purchase of the Cavex Bite&White Master kit; the professional kit for the safe and long-lasting whitening of your teeth. This treatment is as easy as ABC! Here you will find a detailed User Manual, including a number of handy Tips & Tricks. If you have any questions after you have read these instructions please feel free to contact us on: **+31 23 5307700** Please fill in your phone number here

STEP A



Apply Cavex Bite&White StainLess to a toothbrush.



Brush your teeth thoroughly, taking care not to leave any areas unbrushed!



2-3 MIN.
Brush your teeth for at least 2 to 3 minutes.



When you have finished brushing, spit out what remains in your mouth.
Do not rinse with water.

STEP B



Break the tip off the syringe. This can be turned around and placed on the syringe to close it after use.



Put one drop of Bite&White gel into the whitening tray for each tooth – but only at the front.



Place the whitening tray in your mouth.



30-60 MIN.
Keep the whitening tray in your mouth for at least 30 **but no longer than** 60 minutes.



Remove the whitening tray from your mouth and rinse thoroughly with water.



Rinse out the whitening tray with cold water.

STEP C



Apply Cavex Bite&White ExSense to the whitening tray.



Place the whitening tray in your mouth.



5-10 MIN.
Keep the whitening tray in your mouth for 5 to 10 minutes.



Remove the tray and spit out any remaining material.
Do not rinse with water.


CAVEX
Bite&White
3-step Home Whitening System



Tips & Tricks

1. The best time to whiten your teeth is in the evening, preferably not too long before you go to bed. This is because you will not be eating drinking anything more, and while you are sleeping the moisture balance of your teeth can recover from the whitening treatment.
2. Avoid smoking, strongly coloured foods and drinks and carbonated beverages during the whitening period. For example: coffee, tea, red wine, cola, curry, turmeric, spinach etc. The rule of thumb is that if a foodstuff would cause a stain on a white tablecloth, it could affect your teeth in a similar way. Try to eat and drink mainly white or neutrally coloured foods for 24 hours following the treatment. After that, you can eat and drink as usual.
3. If you apply the whitening gel to the tray yourself, make sure you apply just one drop for each tooth. Avoid overdosing the gel; a larger amount of whitening gel will not accelerate the whitening process and could irritate your gums.
4. If you have any questions about whitening or tooth sensitivity, please feel free to contact us. It is a good idea to have the colour shade of your teeth checked and recorded before and after the treatment, so that you can see the effect of the whitening.

Your Dental Office
Zandvoorterweg 71
2111 GT Haarlem
023 - 526 55 00
info@uwtandarts.com

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