LUSSO

DENTAL

# Teeth Whitening

## Before and After Care

LUSSO DENTAL · WEST BYFLEET

54 Station Approach, West Byfleet, Surrey KT14 6NE · lusso.dental

TEETH WHITENING

# Your care guide

Teeth whitening gently lightens the natural colour of your teeth using a prescribed gel. In the UK it can only be provided by, or on the prescription of, a registered dentist, and only for adults over 18.

> Please read this leaflet before your appointment and keep it for afterwards. If anything here is different from what your dentist has told you, follow your dentist's advice.

PREPARING

## Before your appointment

- Have a dental check up and hygiene visit first so your teeth are clean and healthy.
- Tell us if you are pregnant, breastfeeding or have any new medical conditions or medicines.
- Tell us if your teeth are already sensitive. We may suggest a sensitive toothpaste for two weeks beforehand.
- Think about any fillings, crowns or bonding at the front that may not match after whitening.
- Bring any whitening products you have used before so we can check them.
- If you smoke, consider cutting down, as smoking reduces and shortens the result.

### On the day

- We record your starting shade and take photos.
- We show you how to place a small drop of gel in each tooth of the tray and wipe away any excess.
- We fit your trays and check they do not rub your gums.
- You take home written instructions, your gel and a tray case.

RECOVERY TIMELINE

# After your treatment

| WHEN | WHAT TO EXPECT AND DO |
|---|---|
| **First few days** | Some sensitivity is common. Use a sensitive toothpaste and, if needed, paracetamol or ibuprofen following the pack instructions. |
| **During treatment** | Wear the trays for the time we prescribe. Avoid strongly coloured food and drink, and rinse after tea or coffee. |
| **If sensitivity is strong** | Skip a day or shorten wear time, then restart. Call us if it does not settle. |
| **End of treatment** | Your shade is checked at review. Colour may settle slightly over the following two weeks. |
| **Long term** | Keep your trays clean and dry in their case. Use occasional top ups as advised, usually every six to twelve months. |

### Please do

- Do brush and floss before putting trays in.
- Do use only a small drop of gel per tooth.
- Do wipe away any gel that touches your gums.
- Do keep gel cool and out of reach of children.
- Do keep up regular check ups and hygiene visits.

### Please avoid

- Do not use more gel or wear trays longer than prescribed.
- Do not eat, drink or smoke with the trays in.
- Do not use whitening products bought online or from beauty salons.
- Do not share your gel or trays with anyone.
- Do not whiten if you are pregnant or breastfeeding.

WARNING SIGNS

# When to contact us

- Contact us if sensitivity is severe or lasts more than a few days after stopping.
- Contact us if your gums blister, bleed or stay sore.
- Contact us if a tray cracks, rubs or no longer fits.
- Contact us if you have swallowed a large amount of gel and feel unwell. If you have trouble breathing or swelling of the face or throat, call 999.

**Need us?** Call 01932 507650 or WhatsApp 07835 798 611 in opening hours, or email hello@lusso.dental. Out of hours, call **NHS 111**. If you have difficulty breathing or swallowing, heavy bleeding that will not stop, or swelling spreading to your eye or neck, call **999** or go to A&E.

LUSSO
DENTAL

# Ready when you are

A purpose built private dental wellness clinic opposite West Byfleet station, led by Dr Kal. Implants, cosmetic dentistry, sedation and family care. Opening Q1 2027.

NEW PATIENT OFFER

## £1,010 of care for £49

For the first 150 patients to register: a Dental Wellness Assessment with Dr Kal, an advanced 3D scan, Digital Smile Design, a 30 minute hygiene visit and a professional whitening kit with custom trays. £49 is paid when you book and covers your trays.

REGISTER MY INTEREST

lusso.dental/new-patient-offer · Offer terms apply

SCAN TO REGISTER

| CALL | WHATSAPP | EMAIL |
|---|---|---|
| 01932 507650 | 07835 798 611 | hello@lusso.dental |

54 Station Approach, West Byfleet, Surrey KT14 6NE · opposite the station

LUSSO.DENTAL · @LUSSODENTAL

This guide is general information and does not replace a personal consultation. Guide prices correct at October 2026 and confirmed in writing at consultation. Results vary between patients and no outcome is guaranteed. LUSSO Dental is a trading name of Lusso Dental WBF Limited, registered in England and Wales, company number 17272763. Principal dentist Dr Kalpesh Prajapat, BDS MFDS RCS(Ed) DipClinDent, GDC No. 264109. Registration with the Care Quality Commission is in progress.