

HOW TO USE YOUR BOUTIQUE WHITENING KIT

BOUTIQUE
WHITENING

OUR WHITENING GELS



BOUTIQUE BY DAY

6% HYDROGEN PEROXIDE

Boutique by Day - 1.5 hours wear time per day

Boutique by Day is designed for people who want great results with minimum wear time. The formula whitens your teeth with only 1.5 hours wear per day, perfect for those that don't want to wear appliances overnight.

BOUTIQUE BY NIGHT

10% CARBAMIDE PEROXIDE

Boutique by Night - 4-6 hours wear time

Boutique by Night 10% is a mild formula designed for overnight wear. This gel offers fantastic results and low incidence of sensitivity.





BOUTIQUE BY NIGHT

16% CARBAMIDE PEROXIDE

Boutique by Night - 4 to 6 hours wear time

Boutique by Night 16% is a high strength formula that whitens your teeth as you sleep. This gel is tough on stains but gentle on teeth - our best seller!

BOUTIQUE HYBRID PRO

4.25% HYDROGEN PEROXIDE/ 4.25% CARBAMIDE PEROXIDE

Dual Action Gel - 3 to 4 hours wear or overnight

The Hybrid Pro is a dual action gel - unique in the UK. The hydrogen gets to work immediately, compounded by the slow release carbamide to deliver a gentle, yet effective, formula.





BOUTIQUE B1 GUARANTEE

16% CARBAMIDE PEROXIDE

Boutique by Night - 4 to 6 hours wear time

Using our award-winning, 16% overnight formula, for up to 6 weeks, we can guarantee your teeth will get to VITA shade B1 (the whitest natural shade). To find out if you are eligible for the B1 Guarantee, please speak to your dentist for more information.

BIOMIN TOOTHPASTE

The patented BioMin toothpaste from Boutique is a revolutionary concept.

It contains a bio-engineered glass matrix filled with mineral ions - Bioglass!

Bioglass bonds to the teeth, then slowly dissolves over 12 hours after brushing to release minerals which strengthen the enamel.





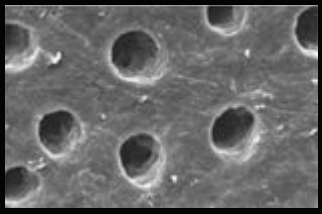
THE BENEFITS OF BIOMIN TOOTHPASTE

- Halt the effects of early tooth decay.
- Decrease Sensitivity.
- Prolong the effects of tooth whitening.
- Make the teeth 10 x more resistant to acid attack.

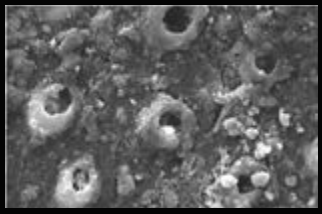
HOW TO USE BIOMIN

- Use morning and night for 2 weeks, prior to, and throughout, the teeth whitening process.
- BioMin can be used in place of your normal toothpaste going forward.

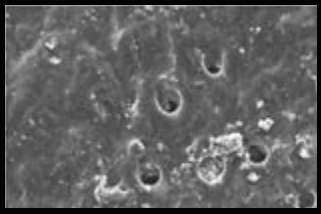
TOOTH SURFACE UNDER ELECTRON MICROSCOPE



PRIOR TO BRUSHING
Open tubules in the tooth



AFTER BRUSHING
Surface is sealed with minerals



AFTER ACID CHALLENGE
The surface remains sealed

HOW TO USE YOUR KIT AND TRAYS

- When not in use, keep your kit in the fridge, or in a cool, dark cupboard.
- Keep the syringes in the box, as exposing them to light will activate the gel.
- Do not expose the syringes to heat and light except when placing the gel in the trays

INSTRUCTIONS FOR USE



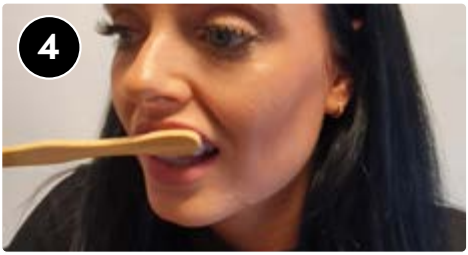
Brush and floss your teeth.



If using Boutique trays, fill the dosing dots fully with gel.



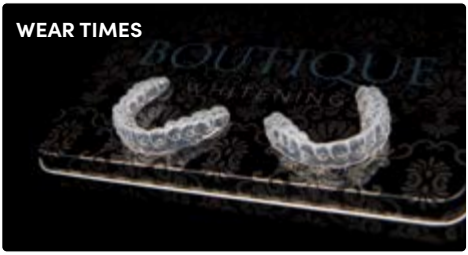
Fully dry your teeth. Place trays firmly in place. Gently prod each dosing dot to disperse gel.



Remove any excess gel with a tissue or a soft dry brush.



After use clean your whitening trays with cool water and soft toothbrush.



6% Hydrogen Peroxide: 1.5 hours per day.
Boutique Hybrid Pro: 4 hours per day.
10% and 16% Carbamide Peroxide: Overnight.



POSSIBLE ISSUES AND SIDE EFFECTS

Tooth whitening is a very safe procedure when performed correctly. However, there are some potential side effects that can occur. There are some steps you can take to circumvent these issues and help you receive a fantastic result.

PROTOCOL FOR EXTREME SENSITIVITY

The most common side effect of any whitening procedure is sensitivity. This problem affects, to varying degrees, up to 75% of people. Sensitivity can range from slight discomfort, to pain which results in you being unable to use the gels any longer.

THE STEPS WE CAN TAKE TO COMBAT SENSITIVITY ARE AS FOLLOWS:

1. Ensure you have a full dental examination prior to whitening.
2. Ensure you have photographs with time stamp and shade records from the dentist.
3. Have fillings to cover any exposed root surfaces and areas of obvious sensitivity.
4. Ask your dentist to use a chair-side desensitising agent on any areas of sensitivity.
5. Use Sensodyne toothpaste in your whitening trays, overnight, for 3 nights.
6. Use Boutique Biomin Toothpaste for 2 weeks prior to, and throughout the whitening process.
7. Speak to your dentist about using a milder whitening gel if sensitivity persists.
9. If the sensitivity persists, you can try whitening on alternate days, and wear the Sensodyne toothpaste in the trays overnight on the days in between.



GUM IRRITATION

Another potential side effect of the whitening process is gum, or gingival, irritation. This occurs when the whitening gel has been in prolonged contact with the gums.

This can be avoided by only fill the dosing dots on the tray and no more. This will avoid an excess of gel, which can seep out of the tray and cause gum irritation. Any excess of gel should be removed with a clean tissue or soft toothbrush when the trays are placed in the mouth.

DISAPPOINTING RESULTS

Tooth whitening is not an exact science, and one pack of whitening does not always equal the perfect result. Be aware that it may take more!

We know from evidence that peroxide will whiten the teeth in almost all cases. If the teeth do not whiten, the answer is to extend the amount of time that you whiten for. This approach will
rarely fail.

If you grind your teeth at night, then using an overnight system will usually give poor results. As you clench and grind your teeth, the whitening trays will flex causing saliva to wash away the gels. If this is the case, then Boutique by Day is a better option for you.


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