



Instruksi Setelah "Office Whitening"
Instruction After "Office Whitening"

1. Untuk 24 jam pertama, hindari makanan atau minuman yang dingin, asam dan berwarna.
For the first 24 hours, your teeth might feel sensitive so it's best to avoid food or drinks that are cold, contain acid and color to reduce risk of sensitivity and staining.
2. Proses whitening dilanjutkan dengan Home Whitening selama 2 minggu dengan menggunakan tray whitening yang sudah disesuaikan ukurannya.
Whitening process is continued with the home whitening for 2 weeks using a customized whitening tray.
3. Aplikasikan gel whitening berupa "dot/titik" pada tray pada bagian depan tray. Tidak disarankan menaruh gel berlebihan sebab gusi akan iritasi.
Apply whitening gel in the form of "dot" in the tray on the front of the tray. It is not advisable to put too much gel because it may spread out and cause gum irritation.
4. Gunakan tray selama tidur malam 6–8 jam setiap hari selama 2 minggu.
Use the tray for 6–8 hours during sleeping, every night for 2 weeks.
5. Pada pagi hari, tray dilepas dan sisa-sisa gel dibersihkan menggunakan sikat gigi (tanpa odol) kemudian sikat gigi seperti biasa.
In the morning, excess gel in the tray should be removed and cleaned using a cotton swab/toothbrush (no toothpaste) and then brush your teeth as usual.
6. Tray sebaiknya disimpan dalam kotak retainer yang dibawakan dan jangan digulung di tissue sebab dikhawatirkan akan terbuang.
Tray retainer should be stored in the retainer box that was given and not rolled up in tissue because it may get thrown away.
7. Gel whitening yang tidak digunakan sebaiknya disimpan di lemari es.
Whitening gel that is not used must be stored in the refrigerator.

8. Apabila selama prosedur home whitening ini timbul keluhan sensitif atau ngilu, taruhlah GC Tooth Mousse ke dalam tray whitening (penuh) dan "rendam" gigi selama 30 menit.

If during this procedure teeth sensitivity or pain arises, put the GC Tooth Mousse into the tray (full) and "soak" the teeth for 30 minutes.

9. Kontrol kembali ke dokter untuk melihat warna gigi setelah 2 minggu home whitening.

Please come back to the doctor to check the color of your teeth after 2 weeks of home whitening.

Bila ada pertanyaan silahkan menghubungi nomor dibawah ini

Please contact the following number if there any questions

Escalade Dental Specialist Center

Satrio Tower Lt.13, Jl. Prof.Dr. Satrio Kav.C4,
Jakarta Selatan 12950

WA : (+62) 087875138040

Phone : (+62 21) 21689095 (Hunting)

Open : Mon – Sat (9 AM – 5 PM)

www.escaladedental.com

IG : @escaladedental

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