

PREMIUM WHITENING SYSTEM

# CAVEX BITE & WHITE AT HOME

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Important information about  
your whitening treatment  
is on the back



YOUR  
IMPRESSION  
IS OUR  
SPECIALTY

CAVEX

# CAVEX BITE&WHITE AT HOME WHITENING SYSTEM

Your journey to a white smile starts here with the Cavex Bite&White ABC Masterkit.

We would like to draw your attention to the following points:



- 1. The best time for whitening your teeth is in the evening, preferably not too long before you go to bed.** The reason for this is that you are not likely to be eating or drinking anything then or while you are asleep and this will allow your teeth to 'recover' from the whitening treatment.
- 2. Avoid smoking and consuming strongly coloured agents during the whitening period.** This includes things like coffee, tea, red wine, cola, curry, turmeric, spinach etc. The rule of thumb is: if a foodstuff will cause a stain on a white tablecloth, it may affect your teeth in a similar way. Try to eat and drink mainly white and neutrally coloured foodstuffs. You can resume your normal eating/drinking habits 24 hours after the whitening treatment.
- 3. Avoid using too much whitening gel.** If you are applying the whitening gel to the tray yourself, apply one drop per element (tooth) and avoid overdosing. Using more whitening gel will not accelerate the whitening process and may irritate your gums.
- 4. What should you do if your teeth are sensitive during or after whitening?** Sensitivity of the teeth may occur during or after whitening, and although this is a temporary phenomenon you may find it is a problem. To alleviate this sensitivity, you can use Cavex Bite&White ExSense as well as using a tooth-paste for sensitive teeth when brushing.
- 5. Questions about bleaching?** If you have any queries or problems regarding your situation or the whitening process, please contact your dentist. If you want to know more about our whitening products, please contact Cavex Holland BV: [www.cavex.nl](http://www.cavex.nl) / [dental@cavex.nl](mailto:dental@cavex.nl) / +31 (0)23 530 7700.