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**Whitening Your Teeth**

*An in-office enhanced procedure for immediate results*

Significant Whitening can be achieved in many cases, but there is no definite way to predict how light your teeth will get. Candidates with Yellow or Yellow/Brown teeth tend to whiten better and quicker than people with Gray or Gray/Brown teeth. Teeth discolored by antibiotics, decalcification (white spots), root canal therapy, or trauma do not always respond as quickly or predictably, and may require additional treatment. On the other hand, if your teeth are already a light shade of white, your whitening results could be minimal. The level of whiteness varies with each individual; therefore, you may or may not achieve a higher degree of whitening.

**Maintenance:**

It may appear that there is a slight change in the shade of your teeth within 24-48 hours. This is due to the reformation of saliva coating. Also, through the normal staining process of a day-today eating and drinking, you may experience a slight regression of shade. This will depend on the frequency of your use of:

TOBACCO, COFFEE, TEA, RED WINE

This can generally be managed by using a maintenance program at home.

Without trays:

The whitening of teeth is not a forever/long-term permanent change without follow up maintenance. Maintenance can be accomplished either in-office by repeating the light enhanced procedure or at-home with custom-made whitening trays.

With custom-made trays:

- Thin acrylic trays are made to fit over your teeth for use with whitening gel which can be used either during the day a few hours at a time, or at night while sleeping:
  - (a) to maximize whitening effect both now and before special occasions
  - (b) to maintain whitening effect over time
  
- Sufficient whitening gel for a minimum of 5 applications is included (extra gel may be purchased as needed).
  
- A case for storing trays.

Teeth Whitening have some risks and limitations. Complications that can occur in Professional Teeth Whitening are generally infrequent and are usually minor in nature.

**a.) Tooth Sensitivity:** You may experience some teeth sensitivity. The sensitivity is usually mild if your teeth are not normally sensitive. If your teeth are normally sensitive, you can experience more extreme sensitivity. We cannot eliminate this risk. We recommend brushing your teeth starting 2 weeks before the procedure with an anti-sensitivity toothpaste. In some cases, we may suggest taking Ibuprofen before beginning the procedure. Please let us know if you experience any discomfort during the procedure. If your teeth become or stay sensitive following the procedure, an over the counter dose of Tylenol or Ibuprofen will usually be effective in helping you feel more comfortable. This sensitivity generally goes away in 12-24 hours.

**b.) Gum and soft tissue irritation:** Temporary inflammation of the gums and other soft tissues of the mouth can occur during the procedure. This is generally the result of the whitening gel coming in contact with these tissues. Protective materials are placed in the mouth to prevent this, but despite our efforts, it can still occur. Usually, this will go away within 1-2 hours following the procedure. The irritation is generally short in duration and is very mild.

**c.) Fillings and other Dental Restorations:** Tooth colored fillings (composite), Composite Veneer/Bonding, Porcelain Crowns, and/ or Porcelain Veneers will not whiten at all. We may be able to remove certain stains (tobacco) from the surface of the restorations. All Dental restorations that show when you smile may need to be replaced at your expense. Please be sure to discuss this with the Dentist prior to beginning treatment.

If you have any questions please do not hesitate to contact our office.