



TEETH WHITENING PRE-TREATMENT TIPS

Before treatment tips:

- # Whiten teeth at least two weeks before receiving cosmetic restorations in order for the lighter color to match your new crowns, veneers or composite fillings.
- # All teeth are to be free of decay, calculus and extrinsic stains.
- # All restorations are to be intact and well-sealed.
- # Temporary restorations may turn red during the bleaching process.
- # Tell your dentist if you are allergic to flavoring, color additives, etc.
- # Have a dental cleaning (prophylaxis) prior to bleaching to remove extrinsic stains, plaque or calculus.
- # Be aware that crowns and other tooth-colored restoration may not whiten and may need to be replaced following the whitening treatment.

- # Smokers should stop smoking before having their teeth bleached. The smoking not only defeats the effect of whitening but there is concern about the mixture of hydrogen peroxide with smoking causing serious tissue damage.
- # If you have trouble eating ice cream or drinking cold drinks you may have a sensitivity response to this treatment.
- # Brush your teeth twice a day with desensitizing toothpaste that contains potassium nitrate and fluoride to decrease tooth sensitivity while you whiten.

- # Make sure any gum tissue cuts or scratches are healed.
- # Know what kind of whitening ingredients are in your whitening product. Carbamide peroxide has a long shelf life so you can buy this product for at home whitening. It can stay in the tray for as long as four hours a day and works best with overnight wear. Hydrogen peroxides can be worn for just one hour; this is what is used in the in office whitening procedure.

- ✚ Because a tooth is translucent, and because of light reflection the same tooth can look a different color under a different light. This is why it is difficult to tell patients exactly how many shade changes they may reach with the whitening procedure. Teeth all respond differently. But remember this general rule to match the whites of your eyes for the most natural look.
- ✚ If you have white spots prior to starting treatment you may experience more noticeable spotting during the process; however, 1-2 weeks after treatment, this spotting will be comparable to pre-treatment in color, only your teeth will be lighter.
- ✚ Wear lipsticks that contain blue pigments to enhance your newly whitened teeth.
- ✚ It is professionally recommended that professional bleaching be avoided until you are at least 14 and your teeth are fully formed.

If you have any questions or concerns call Nadic Dental Centers @ 702-248-0068