

# Tooth Whitening

a brighter smile

## At-Home Whitening

At-home whitening treatments use a mild bleaching agent known as 10% carbamide peroxide. The bleaching agent is placed in a custom-made tray that is worn for a few hours or overnight. It is a safe and effective way to whiten the colour of teeth.

## Reasons why teeth discolour

- Stained from smoking, tea, coffee or red wine
- Naturally yellow or dark
- Darken as you age
- Trauma
- Medications



## The Whitening Process

1. Thorough dental examination and assessment by the dentist which may include x-rays to check for decay and infection
2. Any preliminary dental work such as fillings
3. Thorough cleaning appointment to remove extrinsic staining, plaque and build up of tartar
4. A set of moulds is taken to make your custom-fitted whitening trays
5. An appointment one week later to fit your trays and discuss the home instructions
6. A follow up appointment two weeks later to review the results

## How successful can it be?

The long-term results are generally very good. Dramatic results are often seen in those with yellow or dark teeth. Results can be seen in as little as a few days in some cases.

The results can last for years for some people where others may need a touch up after 6 months or more.

## The limitations

There are some situations where this type of treatment is not appropriate. Discuss your alternative treatment options with the dentist if these apply to you:

- Decayed teeth
- Stains from the buildup of plaque and tartar
- Deep, built in stains, such as from antibiotics
- A single dark tooth, usually from a 'dead' nerve
- Where chronic ulcerations are present in the mouth
- Will not whiten fillings or other dental restorations
- In pregnant or breastfeeding mothers



**The whitening trays are worn for a few hours daily for about one to two weeks or until the desired colour is achieved.**

**You are in control of how bright or white you want your teeth to be!**