

# Whitening

creating a brighter smile

This information sheet has been designed to inform you of the treatment that has been proposed in your individual case. Please take the time to read the information and please do not hesitate to ask if you any queries.

**Dr Thai has recommended the At-Home Tooth-Whitening system as you have expressed an interest in whitening your teeth. Most patients choose whitening often because their teeth are:**

- Darker or yellow in colour
- Stained from smoking, coffee, tea or wine
- Darkened with age
- Affected by trauma or medications

## 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 build up 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 lactating mothers

## 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 with the dental hygienist 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

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

A small amount of bleaching gel is placed into the trays taking care not to overfill the trays.

Some people may experience sensitivity while whitening - we will issue you with sensitive toothpaste that can be brushed on the teeth or worn in the tray.

**Hold onto any unused whitening gel and keep your trays safe - they can be used later on should you need a 'top-up'.**

**You can also purchase additional whitening gel from our practice at any stage.**

Before you begin your whitening, we will discuss and issue you a detailed instruction sheet to take home. As with any procedures, please contact us immediately if you have any concerns or questions.