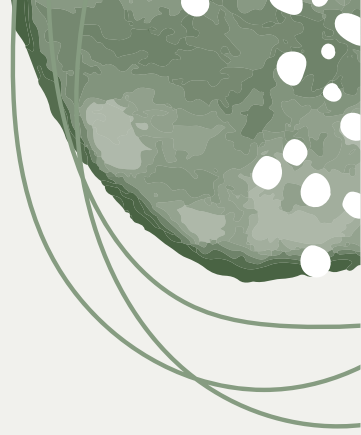




Teeth Whitening Aftercare

- All teeth have their own whitening end point, and you can't decide on the colour you would like your teeth to be. Your clinician should be able to give you a good idea of how white the teeth can go, but there are no guarantees. It's also not safe to continue to whiten your teeth indefinitely. When the teeth have stopped moving colour you need to go onto your maintenance.
- Yellower teeth are easier to bleach than brown / grey teeth for example. The more stubborn the stain the longer the bleaching process will take. Stains that originated during the developmental phase of the teeth for eg. will also take longer to bleach out, eg antibiotic stains.
- Overnight bleaching is not suited for those with sensitive teeth. It may be the weakest concentration but the wear time is the longest so it's the most sensitive.
- Always start with the bleaching, and then do your dental work. It's easier to match the work to the teeth but not so easy to match the teeth to the dental work. Leave at least 10 days to 2 weeks between bleaching and replacing fillings, as the high oxygen content in the teeth decreases the bonding ability of your fillings.
- Home whitening on its own can achieve maximum whiteness, as can in chair whitening, but all in chair whitening needs to be combined with take home bleaching with customized trays. A minimum of 1 week of home whitening is required after the in chair bleaching to help hold the colour.
- **Refrain from eating or drinking and foods that would stain a white top for 24 hours after in chair whitening using a light, 4 hours after in chair whitening without a light (Dash) and 1 hour after any home bleaching session (Zoom Day and Nite White)**
- In many cases, the lower teeth take longer to whiten than the upper teeth, as do the canines.
- Genetically, the lower 4-6 teeth are the most sensitive. Please ask your clinician to block out the biting surfaces of all your teeth to help control the sensitivity. Sometimes it is recommended to spread the 3 or 4 x 15 minute bleaching sessions over 2 appointments.
- White spots on teeth tend to fluoresce after bleaching eg high fluoride or calcium areas, but this dips back again within a few hours.
- Oral health comes first and no bleaching should be done until the gums are in good health and large areas of decay have been sorted out first.
- Where possible always try and see the clinician for a check up or cleaning first so they can assess your teeth and customise a whitening procedure just for you!



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