



CBR Prosthodontics

specialist dental aesthetics and function

Teeth Whitening

Teeth sometimes become stained or discoloured over time. This is usually due to foods and drinks we consume such as, tea, coffee and red wine. To overcome the change in colour a simple 'at home' teeth whitening procedure aims to restore the colour of discoloured teeth.

The treatment involves using custom-made trays and whitening gel. We will help you with detailed instructions for the procedure. As always, if you have any queries or concerns about this procedure, please contact our office.

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How to use whitening at home

Step 1.

Load the tray that was specially made for your teeth.

Apply a **small** bead of gel about the size of a grain of rice into the space for each tooth.

Place the dab of gel on inside of the tray approximately half way up the surface of the tray that will sit against the outside of the tooth. Do not use excess gel as it will be wasted. Keep the gel in a cool, dark area.



Step 2.

Brush your teeth as usual, and dry lightly.

Insert the tray in your mouth and lightly press with your fingers to adapt the sides to your teeth. Wear the tray for the time advised on the product label. Avoid eating, drinking and excessive talking or physical activity while the tray is in place.

Step 3.

Remove the tray after the appropriate time and brush teeth using a soft toothbrush to clean any excess gel off your teeth. Rinse your mouth and spit out a few times.

Step 4.

Clean the tray with a soft brush and cool tap water. Store tray in the case that came with your kit. If you experience any significant sensitivity, stop your treatment and talk to your dentist or hygienist.

FAQ's

How does it work?

The active ingredients in whitening gels penetrate your teeth to break down the stains deep down in your teeth which darken your smile. These gels also contain potassium nitrate and fluoride which strengthen enamel and decrease sensitivity.

Can anyone whiten their teeth?

Results and treatment time will vary for everyone depending on the level of staining and desired colour. Only natural teeth will whiten. Crowns, bridges, fillings, and veneers will not whiten. Teeth that have undergone root canal treatment will also not respond to bleaching. We recommend a consult before whitening to assess suitability so we can answer any questions.

Will my teeth become sensitive?

Tooth sensitivity is a relatively common side effect of teeth whitening. If sensitivity occurs, it is temporary and will go away once you've completed the whitening process. We will instruct you on how to reduce sensitivity with simple techniques and products.

Will teeth whitening weaken my teeth?

No. Tooth whitening gel contains PF (potassium nitrate and fluoride), which helps maintain the health of enamel throughout the whitening process.

How long will my teeth stay white?

There are a few factors that can make teeth change colour again after whitening. Things like diet, smoking, drinking coffee, tea, red wine, some medications, genetics and certain habits can affect how long your whitening will last. It's easy to simply top-up the whitening at any time. It is advisable to refrain from smoking, eating strongly coloured foods, and consuming drinks like tea, coffee and red wine during the whitening process.

How do I know when my teeth are white enough?

There is no "correct" shade of white; however, a good rule of thumb is to try to achieve a shade of white that matches the whites of your eyes. It really all depends on how white you want your teeth. Some people want their teeth to be a fresher, natural shade of white, while others want a brilliant Hollywood white smile. Not everyone's teeth will reach the same shade of whiteness and each person will whiten at a different rate: some will whiten faster than others.

FAQ's (continued)

Do I store the bleaching syringes in the fridge?

Yes, and out of reach of children

Do I need to keep the bleaching trays dry?

Yes, but more importantly clean. Clean with a soft toothbrush and NO toothpaste, under cool or cold water. Let the trays air dry and store in container supplied. The trays are easily lost so always return them to their container.

Will my teeth stain again and go darker?

All bleaching treatments relapse eventually. It is easy to simply 'top up' your whitening by wearing your bleaching trays for a few nights for as long as you need to in order to return to your preferred colour.

Do I need to use ToothMousse™?

ToothMousse™ is great for desensitizing while you are bleaching. There are several ways to use ToothMousse™. For a few days to a week before commencing whitening, some people will use their bleaching trays loaded with ToothMousse™ instead of whitening gel. This helps with reducing the possibility of sensitivity and enhances the effect of the whitening gel. ToothMousse™ can be used at anytime during the whitening process by smearing on the teeth.

Do I need to use 'sensitive toothpaste'?

It's a good idea to use sensitive paste while you are whitening your teeth. This is another way to reduce the possibility of sensitivity from whitening.

If you have any further questions, please don't hesitate to contact us

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