



TOOTH WHITENING FOR A BRIGHTER SMILE

Congratulations on your decision to whiten and brighten your smile. Many of our patients have already whitened and are delighted with the results. In fact, home bleaching has become one of the most requested services we provide.

Please follow the recommendations as closely as possible for optimal results.

1. The best results are obtained with regular use; “overuse” can make your teeth and gums sensitive. We recommend that if you have not whitened before, use for 30 minutes to 1 hour the first time and increase the wearing time to overnight if there is little or no tooth sensitivity. If sensitivity occurs then decrease wear time or whiten every other day.

2. About 5-10% of people who bleach their teeth will get some sensitivity. This is always reversible. Let us know if you have any problems.

3. Try to avoid foods that can stain your teeth, such as coffee, tea, red wines, or foods with deep colors, such as blueberries. We know it’s hard for some people to face the day without their morning coffee and that’s fine...just don’t drink one cup after another all day long.

4. Try not to look at your teeth every time you go by a mirror!! You will see results after a few days, but have patience. It took years for your teeth to turn darker, so 2 weeks isn’t so long to see them turn white!

5. The bleaching material works on enamel ONLY. So, if you have root surfaces showing, it won’t whiten. Also, fillings and crowns will NOT change color.

The kit comes with enough bleaching gel for the “average” bleaching treatment. In order to keep our fees as low as possible, we have included the kit into your fee. Should you need extra bleaching gel, refills are available.

If you have any questions, please feel free to ask or visit **BoyleDentistry.com**.

Thanks for choosing us to help Brighten Your Smile!