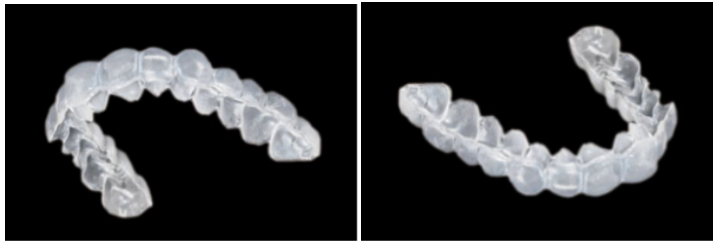


## Teeth Whitening

1. How many office appointments will it take to get the whitening process going?

The whitening process will take two appointments.

- The first appointment will take 30 minutes to make the molds (impressions) of your teeth. After you leave, we will create the models of your teeth and fabricate custom flexible trays.
- A few days later you will need to come in for just 15 minutes to get the 2 custom trays and 8 whitening syringes containing the whitening material.



Custom trays of your upper and lower teeth



Whitening material

2. How do I apply the whitening material and how much do I use?

- Squeeze a small drop of whitening material from the syringe into the front aspect of the custom trays that have been created for you. You will then place the trays over your teeth.
- Only .25 or 1 quarter of 1 syringe is needed per arch. In other words, 1 syringe should last at least 2 days of applications.



# Making You Smile

## Cosmetic Dental Studio

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### 3. How long should I wear the trays filled with the whitening material?

- You should wear the trays 30 minutes each day for 14 days or until you get the results you want and then for an additional three days.
- The three extra days are to compensate for the slight relapse that will occur after completing the whitening process.

### 4. What can I expect during the process?

- Tooth sensitivity may occur during the bleaching process. If this becomes unbearable, you may skip one or 2 days of application. This sensitivity is temporary. If you use a lot of material some of it may seep out and create a white spot on your gum. Do not get alarmed; this will disappear in few days. You only need to use a small amount of whitening material. Adding more material will not whiten teeth any fast. The longer you were the wear the trays, the whiter your teeth will become.

You may find answers to the following questions in the accompanying whitening brochure:

1. Is it safe to bleach my teeth?
2. Will bleaching damage my teeth?
3. How does the whitening process work?
4. How long does the whitening last?
5. What will whitening do to my existing dental work?
6. Are there side effects?

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