

## CHAIRSIDE(In-Chair) TOOTH WHITENING

We provide this information to give you insight into Chairside professional tooth whitening. Your cooperation and understanding of this material is necessary as we strive to achieve the best results for you.

**Procedure:** Chairside professional tooth whitening takes approximately 90 minutes. It is designed to lighten the colour of your teeth using hydrogen peroxide. It produces maximum whitening results in the shortest possible time with minimum sensitivity. For the duration of the entire treatment, a plastic cheek retractor will be placed in your mouth to ensure you remain open and your gums will be covered with a barrier to ensure isolation from the hydrogen peroxide gel. Before and after the treatment, the shade of your teeth will be assessed and recorded.

**Risks:** All forms of health treatment, including tooth whitening, have some risks and limitations. Complications that can occur in professional tooth whitening are infrequent and are usually minor.

- **Tooth Sensitivity:** During the whitening process some patients may experience tooth sensitivity. This is normal and generally mild if your teeth are not normally sensitive. Please let us know if you experience any discomfort during or after the procedure so we are able to minimize your discomfort. You may experience sensitivity for up to 48 hours after treatment. Sensitivity can be managed with over-the-counter relief such as Ibuprofen & Panadol.
- **Gum and soft tissue irritation:** Whitening may cause inflammation of your gums, lips or cheek margins. This is generally the result of the whitening gel coming into contact with these tissues. Protective materials are placed in the mouth to prevent this, but despite our best efforts, it can still rarely occur. If any irritation does occur, it is generally short in duration and is very mild. Rinsing with warm salt water can relieve it.
- **Existing restorations:** White fillings; porcelain or composite restorations, crowns or veneers may not whiten at all or evenly with your natural teeth during this procedure. Please discuss this with your dentist prior to beginning treatment.

**Expectations:** Significant whitening can be achieved in many cases, but there is no way to predict your whitening results. Please understand that teeth with multiple colorations, due to tetracycline staining or fluorosis do not whiten as well and may appear more spotted after treatment. Chairside professional tooth whitening is not recommended for pregnant or lactating women, children under 14 years of age or any persons having known peroxides allergies.

It will be required to refrain yourself from consuming any chromogenic substances (i.e. tomato sauce, coffee, all tobacco products) for 48 hours. "White and this clear food diet" is recommended for 2 days after whitening.

Example of Diet may consist of any the following:

- Fruit with white flesh i.e. apples and pears (no peels),
- Plain or vanilla yogurt
- White cheeses
- Egg whites
- Sour cream
- White bread or wraps
- Rice
- Mashed potatoes
- White meat/fish.