

The Opalescence Boost tooth whitening consultation and procedure involves just a few short office visits.

Consultation:

1. Your dentist or hygienist will take “before” pictures and record the shade of your teeth.
2. The tooth whitening process varies from person to person. Your dentist or hygienist will discuss your whitening goals with you, and let you know what you can expect from an Opalescence Boost treatment, including approximately how many visits it will take to achieve your desired tooth shade. It may be recommended that you supplement the in-office treatment with take home custom or disposable trays.
3. The dentist or hygienist will explain the treatment procedure and the amount of time to plan on being in the office.

Whitening Treatment(s):

1. Brush and floss teeth prior to your appointment.
2. Moisturize your lips prior to treatment.
3. Suggestion: Bring an iPod or something to listen to during your treatment.
4. If you are concerned about sensitivity, please discuss this with your dentist or hygienist. They can advise you on ways to reduce potential sensitivity, including the use of UltraEZ desensitizing gel, which can help to prevent post-whitening discomfort.

Evaluation:

1. Your dentist or hygienist will evaluate your progress.
2. If you have met your goals, they will take an “after” picture and record the shade of your teeth.



Opalescence Boost Post-Treatment Care Instructions

Your teeth will continue to whiten for 24-48 hours after your treatment. During this time, avoid foods and beverages that could re-stain your teeth (dark foods and liquids that would stain a white shirt will also stain your teeth). These include:

- Coffee
- Tea
- Dark sodas
- Red wine
- Tobacco
- Red sauces
- Soy sauce
- Dark berries

Avoid de-sensitizing products that contain stannous fluoride (Gel-Kam®, Omnii Gel™, PerioMed™, Plak Smackers®, Gingi Med™ and FluoriSHIELD®) for about two weeks. These can cause dark stains on your teeth.

Avoid smoking during and immediately after whitening treatments. Nicotine leaves brown deposits, which are difficult to remove.

Your ideal whitening shade may not be apparent after just one in-office treatment. It may take several visits to reach your optimum shade. In-office whitening treatments typically only cover the front 6-10 teeth. If you have a wide smile and show more than these front teeth, you may need to use additional at-home whitening treatments to ensure that all your teeth are the same shade. Touch-up treatments (in-office or custom trays) can be done every 6-12 months.

You may have sensitive white spots on your gums immediately after your in-office whitening treatment. These are temporary and should disappear after 20-30 minutes. If you experience painful burning on your gums while using the take home trays, you may spread a thin amount of petroleum jelly (Vaseline®) on your gums before you insert your trays.

It is important to continue brushing and flossing to keep your teeth and gums healthy. Use a soft bristle toothbrush and gentle pressure when brushing. Avoid “snapping” the floss on your gums; use a seesaw motion to ease the floss between your teeth. Continue to see your dentist and dental hygienist for regular check-ups and cleanings.