



antigoDENTALclinic

"Your smile is important to us"

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Tooth Whitening

General Information: Whitening gels are intended for use only in a professionally prescribed course of treatment under the supervision of a dentist. Since 1974, carbamide peroxide, the whitening agent, has been sold with FDA clearance as a nonprescription oral antiseptic. Carbamide peroxide or hydrogen peroxide are the active ingredients used to whiten teeth.

Side Effects: Do not delay in reporting any symptoms of discomfort to your dentist. During the course of treatment you may experience hot and cold sensitivity. You may be advised to use your whitening trays or strips less often to help reduce the sensitivity. Toothpastes that help counteract sensitivity may be advised. Your gingival tissues may be sore or inflamed. If using trays try putting less whitening gel in and make sure to wipe away the excess after inserting into your mouth. There is no evidence that whitening your teeth adversely affects pregnancy, however it is advised to discontinue whitening your teeth if pregnant.

Expected Results: Results vary from patient to patient and there is no guarantee your teeth will whiten. Crowns and fillings will not whiten and may require additional treatment. If using the trays or strips every night you may see results in as little as 2-3 weeks. Whitened teeth are usually stable for 3-5 years. However dark beverages, such as coffee, red wine, tea, dark sodas and juices, and tobacco may cause gradual staining. If desired, a maintenance system may be advised. For best results, follow your dentist's instructions.