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Smile Whitening

Tooth-Whitening Systems

We offer three tooth-whitening systems at Meetinghouse Dental Care. The next few paragraphs present a brief comparison of each. Detailed information on Zoom2 and *Deep Bleaching*TM follow the brief comparison.

Zoom2 is ideal for those who need to lighten *more* than 4 shades and who do not wish to wear trays other than monthly maintenance. Whitening involves one 90-minute on-site session and three nights of at-home tray wear. A restricted diet is recommended until completion of whitening. Results vary according to factors like body chemistry, age, enamel composition, and whitening history and cannot be predicted or guaranteed. Continued wear of trays using Colgate refill bleach *will* continue the whitening process, and you can wear the trays until you achieve the result you desire.

If you need to lighten 2-4 shades, we recommend the **Colgate customized tray whitening system**. This traditional tray system involves ½ hour for impressions in our office and then ½ hour of at-home tray wear per day for 3-10 days (or for however many additional days you may need to achieve the shade you desire). Results vary according to such factors as body chemistry, age, enamel composition, and whitening history and cannot be predicted or guaranteed. Dietary restriction during bleaching will speed the process. 5%, 7%, and 9% strengths are available. If you have sensitive teeth, consider alternating days with whitening gel and MI Paste. MI Paste reduces or eliminates whitening sensitivity.

The **Deep Bleaching**TM technique is the only procedure proven to whiten tetracycline-stained teeth and is ideal for those seeking a youthful brightness and translucency. The procedure involves a 60-90 minute in-office conditioning visit, two weeks (or more) of nighttime tray wear, and a 60-90 minute final on-site whitening session. Provided you do your part, you *can* reach the lightest shades of white on the bleaching scale. Some people will need to wear the trays at home for longer than the average 2 weeks, depending on such factors as body chemistry, age, enamel composition, and whitening history. Exact wearing time cannot be predicted or guaranteed (see below). Deep BleachingTM includes specially fabricated, gum-line-seal, customized whitening trays.

www.meetinghousedental.com

Meetinghouse Dental Care is committed to the art of dentistry through leading-edge technology and personalized, comfortable care.

Veneers, Crowns, Bonding

If you have veneers, crowns, or bonded teeth that show when you smile, no whitening system will change the original color of the porcelain or bonding (although whitening will remove stains accumulated on the surfaces). After your whitening session, natural teeth will stand out as noticeably brighter. You may prefer not to whiten your teeth at this time, or you may opt to have your cosmetic dentistry replaced after whitening. Plan to wait a week after the final bleaching session - for the pellicle of the teeth to regenerate and for the new color to settle - before beginning replacement dentistry.

Recent Professional Cleaning

We recommend you have your teeth professionally cleaned prior to whitening. If you have plaque/tartar on your teeth, it *will* block the whitening process.

Regression

Your rate of regression will depend upon your dietary habits. Coffee, teas, colas, and red wine stain teeth. Smoking, in particular, stains teeth. Regression can be slowed – regardless of the whitening system used – with monthly maintenance and by using a sonic toothbrush like the Oral B Sonic Complete or the SoniCare Elite.

Zoom2

Zoom2 Averages 4-8.2 Shades in 1 ½ Hours

Zoom2 lightens teeth an average of 4 - 8 ½ shades in an hour and a half in the office. (We have concerts on DVD to keep you entertained during that hour and a half! Or, if you prefer, bring a DVD movie to play on our overhead monitor!)

For Zoom2 guests who do not already have customized whitening trays from a previous bleaching experience, ask us to take impressions for the fashioning of trays at your consult visit or before beginning your Zoom2 session.

With your Zoom2 whitening session, we include three nights' supply of Zoom2 TurboWhite whitening gel. If you had impressions the same day as your whitening session, come back the day after to collect your trays. Wear the trays for three nights, a minimum of six hours each night, using the TurboWhite gel. These three nights will complete your Zoom2 whitening.

Depending upon your diet, we recommend a half hour of wearing time per month to maximize shade retention. Whitening gel refill kits are available for \$35.

Sensitivity

Like every other whitening system, Zoom2 *can* cause sensitivity for certain individuals. (Sensitivity feels like the tingling or sharp twang that you get when you bite into ice cream or ice.) If you experience sensitivity, the

twangs will be random, and sensitivity will come and go. There is no way to predict if you will experience sensitivity. If you *do* experience sensitivity, it may not occur until after the procedure, and it may last as briefly as a few hours or as long as 24 hours. To be prepared, we suggest you take Tylenol, Advil or Motrin immediately before your whitening session and that you have it on hand for the next 24 hours just in case you need it to keep you comfortable.

Diet for 24 Hours

For 24 hours after your Zoom2 whitening session, plan a clear or white diet for yourself while the protective coating of the teeth regenerates. If you eat or drink anything that will stain a white shirt, you *will* stain your teeth. Do not use lipstick or colored lip balm or gloss for the first 24 hours. Do not use colored toothpaste or mouthwash. Do NOT smoke.

Recommended foods and beverages include white fish, white turkey, white chicken, white pork, white tuna/lobster/crab, mashed white potatoes or baked white potatoes without the skin, cauliflower, white squash, white onions, peeled zucchini, pasta with butter or white sauce (not tomato sauce), white rice, oatmeal, non-colored cereals, bananas, apples without the skin, pears, white cheeses, cottage cheese, white yogurt, white ice cream or pudding, white rolls, water, milk, 7-Up, Sprite. Be creative!

Again: no lipstick, no coffee, no tea, no colored sodas, no red wine, no blueberries, and NO SMOKING.

Procedure

When you are ready, your whitening provider will make you comfortable in our Zoom2 operatory. S/he will place cheek retractors to hold your lips gently away from your teeth. The cheek retractors will hold your lips open for the full whitening session.

S/he will record the current shade of your teeth with the shade indicator guide and take your before photo.

Your whitening provider will position protective glasses over your eyes. S/he will cover your chin, cheeks, and mouth area with a facial napkin, place gauze rolls along your gum lines to protect the gum area and to open fuller access to the teeth to be whitened, and insert gauze pads inside your cheek area.

Your provider will apply a blocking agent to your gums. The blocking agent is a blue gel that s/he will set with a curing light as each section of your gums is covered. When s/he has finished, the cured blocking gel will protect all areas of your gums from contact with the whitening gel and the whitening light. Like the cheek retractors, the block will remain throughout the whitening process. Finally, your provider will place masking cream over your lips to serve as a protective barrier.

The doctor will examine the block on your gums to assure that no gum tissue is exposed and will approve the start of the actual whitening process.

The whitening gel is now applied to both the upper and the lower teeth in a matter of minutes, and the light is positioned and activated. Your teeth will remain under the light for 15 minutes. We have DVD concerts on an overhead monitor with cordless head phones to make your time pass pleasantly. If you prefer, bring a DVD movie. Or sleep!

When the first 15 minutes elapse, the old whitening gel will be suctioned from your teeth, a new coat will be reapplied, and the light will be positioned for a second 15-minute session. When the second 15 minutes elapse, we will suction, reapply the gel, and position the light for a third 15-minute session. We will do the same for a fourth. We highly recommend all four sessions.

At the close of the whitening sessions, the cheek retractors and the block will be removed. Your provider will rinse the cheek retractors and then reinsert them to take the final photographs. S/he will record your resulting shade.

If you have planned to replace existing cosmetic dentistry to match the new shade of your teeth, we recommend you wait a week to appoint with the doctor. It may take a week for the color of your teeth to stabilize. Any imperfections, streaks, or spots present in your teeth prior to the whitening session – even if they were unnoticeable before the procedure – may stand out following your brightening session. These streaks or spots will blend within the week, sometimes within a day. Your teeth will continue to lighten after the session as you use the TurboWhite at night, and then the color will regress slightly as the pellicle of the teeth regenerates during the 24 hours that follow.

While we take all precautions against exposing your gums during the whitening process, if any portion of your gum *has* burned during the procedure, it will heal rapidly and should not cause you discomfort.

Deep Bleaching™

The *Deep Bleaching™* technique involves trays fabricated to seal bleach in and saliva out. Traditional bleaching trays allow rapid contamination of bleach from saliva and consequent cessation of bleaching action. *Deep Bleaching™* trays extend the whitening action throughout the night. Nighttime is ideal for the procedure. Immediately prior to sleep, bleaching trays do not elicit as much salivation, and swallowing rate and swallowing depth decreases. Asleep, salivation, swallowing rate and swallowing depth become non-factors.

The whitening gel used for the procedure has no acid and will not damage restorations or teeth.

Procedure/Directions

The first in-office visit for *Deep Bleaching™* is ½ hour to take impressions for the trays. A week later, you return to our office for a 60-90 minute conditioning visit. Do not expect a tremendous color change from the conditioning visit. This session is designed to condition teeth to absorb oxygen more readily from the whitening gel you will use at home. Starting the night of your conditioning visit, wear your at-home trays for 14 consecutive nights. Do not skip any night. After the 14th night of at-home *Deep Bleaching™*, the second 60-90 minute *Deep Bleaching™* session is performed in our office for the final whitening boost. (If your final appointment is scheduled for more than 14 days after your conditioning appointment, continue bleaching every night at home until that final *Deep Bleaching™* visit.)

For the two weeks of at-home whitening, wear the special *Deep Bleaching™* trays with AcquaBrite bleaching gel. The trays are made of thin clear flexible vinyl. There is a reservoir on the outer side of every tooth except

the back molars. These reservoirs hold the bleaching gel for the night. The trays fit snugly, and most guests find them comfortable.

Start your at-home bleaching immediately before sleep. (If you usually lie in bed watching television before sleep, wait until you are ready to sleep before preparing your bleaching trays.)

Just before sleep and immediately prior to bleaching, brush the teeth with Rembrandt Plus toothpaste. Rembrandt Plus is non-abrasive, and it contains an active whitening ingredient that helps start the bleaching process. Brush *immediately* before bleaching because protein from your saliva *will* coat your teeth within minutes after brushing and can inhibit the whitening action.

On the first two nights of bleaching, brush first, and then use one AcquaSeal Benz swab as directed in the dental office. Rub the de-sensitizing liquid it contains firmly into the outer surfaces of the teeth with special emphasis near the gum line and on the biting edges of the front teeth. Spend at least a full minute rubbing the moistened swab into the teeth. After coating your teeth, keep your lips and cheeks away from the teeth for 30 seconds. Then rinse with water.

Squeeze a dab of bleaching gel into each reservoir on the inner side of the outer walls of the trays for each tooth except the back molars. We will demonstrate this procedure for you during your conditioning visit. The gel is thick, and the trays are flexible, so the gel will cause the outer rim of the tray to be pushed away from the gum line. After you put the trays into your mouth, push the tray edges firmly back against the teeth to seal the tray at the gum line. Establishing the seal is very important. We will demonstrate this procedure at the conditioning visit also.

If you've put too much gel in the tray, you'll notice a significant amount of gel oozing out from under the edge of the tray. Take a Q-Tip and remove the excess. Next time use a little less gel. If you've put in too little gel, you will see some large open voids (little bubbles are okay) in the reservoirs that are not entirely filled with gel. If you see these voids, do NOT remove the trays. There is plenty of gel in the reservoirs to start your bleaching. Simply use a little more gel the next night.

In the morning, remove the trays, and rinse your mouth with water. Brush your teeth with Rembrandt Plus toothpaste. After brushing, apply the de-sensitizer in the AcquaSeal Benz swab to your teeth following the same instructions used the night before.

Use the AcquaSeal Benz swabs morning and night for the first two nights of bleaching only.

Thereafter use a swab every morning after bleaching (and not at night) for the duration of the process.

Clean the *Deep Bleaching*[™] trays with Q-Tips under COOL running water. Warm or hot water will distort the trays and destroy the gum line seal. Leave the trays in their case with the lid open so that the trays dry out fully before the next use.

What to Expect

You may experience some gum sensitivity from wearing the trays, and your teeth may feel slightly sensitive. If you feel more than slight sensitivity of either gums or teeth, please call the dental office.

You *may* notice that your teeth start to look funny as you bleach. They may seem too chalky. Don't worry. The color will even out after the final in-office bleaching session. Existing opaque white spots on the teeth, streaks, or other white irregularities - however unremarkable prior to bleaching - will whiten first and be much more noticeable until the whitening of surrounding tooth structure catches up. Dark spots or two-tone teeth will exhibit irregular whitening during the two weeks of nightly at-home bleaching. Again, don't worry. In almost every case, you will see uniformity immediately after or the week following your final in-office whitening session. Both white spots and dark spots tend to blend to guests' satisfaction. If a spot on a tooth does NOT blend to your satisfaction, you will have options. You may consider micro-abrasion to polish off the surface of the tooth, leaving a glossy finish, or you may choose to sand away the spot with a diamond drill tip and bond with composite. A final option is a porcelain veneer. Please examine your teeth prior to beginning the bleaching process, and determine if these options are acceptable should the situation warrant.

You *may* find that your lower teeth do not lighten as quickly as your upper teeth. The lower teeth are smaller, the reservoirs of the tray are smaller, and the enamel is thinner. Don't worry if this lag happens either. If there is a noticeable difference between the upper and lower teeth when bleaching is completed, you will simply wear the bleaching tray on the lower teeth for another week.

Those with tetracycline-stained teeth will need to bleach at home every night for a minimum of 4 weeks (rather than the normal 2) before coming to the office for the final on-site bleaching session. For difficult cases, tetracycline-stained teeth or otherwise, we will recommend tray-wear even after that second in-office whitening visit. The post-bleaching regimen may be up to 4 nights of tray-wear for two weeks after the final on-site visit, then three nights, then two, and finally one until the desired result has been achieved and a regular maintenance program of once every one or two months may begin.

The goal of *Deep Bleaching*[™] is to have white, bright teeth forever. If you are one of the unusually difficult cases, more frequent wear in the beginning will still get you to your goal.

Diet Restrictions

The oxygen in the bleach that activates the bleaching process also deep-cleans the teeth, removing microscopic debris from between the crystals of tooth structure. During bleaching and for at least 24 hours after the final session, the pores of the teeth are cleansed and opened. Stay away from staining foods and drinks. To the greatest extent possible, plan a non-colored diet for yourself until the protective coating of the teeth regenerates. If you eat or drink anything that will stain a white shirt, you *will* stain your teeth. Do not use lipstick or colored lip balm or gloss for the two weeks of bleaching and for 24 hours after. Do not use colored toothpaste or mouthwash. Do not smoke. If you *must* smoke, you should smoke as infrequently as possible.

Recommended foods and beverages include white fish, white turkey, white chicken, white pork, white tuna/lobster/crab, mashed white potatoes or baked white potatoes without the skin, cauliflower, white squash, white onions, peeled zucchini, pasta with butter or white sauce (not tomato sauce), white rice, oatmeal, non-colored cereals, bananas, apples without the skin, pears, white

cheeses, cottage cheese, white yogurt, white ice cream or pudding, white rolls, water, milk, 7-Up, Sprite. Be creative!

Again: no lipstick, no coffee, no tea, no colored sodas, no red wine, no blueberries, and NO SMOKING.

If you feel you *must* drink a staining beverage, it *may* help to keep the beverage off the outer surface of the teeth by carefully drinking through a straw. This is NOT, however, recommended and may slow the whitening process. Using a sonic toothbrush immediately after eating, drinking (or smoking) will also help.

Permanently Maintaining Your New White Tooth Color

All natural teeth darken with time. Abrasives in toothpastes accelerate this darkening. Imagine you have a car with shiny white paint, and you get oil on the paint. Water alone won't get off the oil. You'll use a mild soap in water to dissolve the oil and leave the surface shiny. If you used a kitchen cleanser like Comet or Ajax, the cleanser would remove the oil, but it would leave the paint scratched. After a year, the paint in this area would be darker because the surface roughness would collect dirt and allow stains to soak into the paint itself.

Most toothpastes contain abrasives and do the same to your teeth as Ajax to the car. Use a non-abrasive toothpaste. Rembrandt toothpastes, for example, use an enzyme from the papaya fruit to dissolve the stains as effectively as abrasive toothpastes. Your teeth stay glossy on the surface.

Another aid in removing surface stain before it is absorbed is a sonic toothbrush like Braun's Oral-B Sonic Complete or SoniCare Elite. You may purchase either at competitive prices in Wal-Mart, Sam's Club, BJ's, etc.

To maintain your whitened color, plan to wear your bleaching trays at least one night every two months. If you are a coffee or red wine drinker, etc., you may wear the bleaching trays one night or more every month.

Storage of Bleaching Trays

Always place the trays carefully in the case. When you shake the case, you should feel that the trays are loose inside. If they are bent or compressed against each other in the case, they will be distorted, and the gum line seal will be destroyed. Keep your trays away from heat. Heat will also distort the gum line seal. Don't leave trays in a hot car. Don't put or wash them in warm or hot water. Keep them away from your dog.

The fabrication of these unique trays is labor intensive. We will give you the stone models of your teeth when we give you the trays. Keep the models safe. Return the models to us intact in case of loss or destruction in order to minimize your cost for re-fabrication.

Thank you for whitening with us!

Zoom2 Consent Form

I certify that I have had the opportunity to ask questions about the Zoom2 Whitening System and that I have had these questions answered to my satisfaction.

I understand that I may *not* smoke for the 24 hours following the procedure while the pellicle of the teeth regenerates. I also understand the importance of maintaining a white or clear diet for the 24 hours after the procedure. I know that if I smoke or if I do not follow a white or clear diet in the 24 hours after my whitening session, I WILL stain my teeth.

I understand that I *may* experience some sensitivity during the procedure or following the procedure, and I have been advised to take Tylenol, Advil or Motrin if needed to stay comfortable.

I understand that it *may* take up to a week for the color of my teeth to stabilize after the Zoom2 whitening session. I understand that any imperfections or spots that existed on my teeth prior to the whitening procedure - however unnoticeable before the whitening sessions - may stand out after the procedure and that I should allow 2-7 days for the spots to blend. I understand that, despite all precautions, it *is* possible that a bit of gum tissue be exposed to the light and that I am to allow a few days to heal.

I understand that I should use the customized trays with a night-whitening gel for a minimum of 6 hours per night for 3 consecutive nights after sensitivity has ceased to complete the Zoom2 whitening process.

Finally, I understand that the Zoom2 fee is for one appointment that includes 4 15-minute sessions with the whitening gel and the whitening light. I know that the doctors of Meetinghouse Dental Care recommend all four sessions in order to realize optimal results. I accept that the teeth of one individual will lighten to a different extent than those of another individual and that it is not possible to predict or guarantee results.

Signature _____ Date _____

*Deep Bleaching*TM Consent Form

I certify that I have received and read the *Deep Bleaching*TM instructions, have had the opportunity to ask questions about the *Deep Bleaching*TM Whitening System, and have had these questions answered to my satisfaction.

I understand that my compliance with nightly tray wear, following all instructions, is crucial to the success of the whitening process.

I understand that I should *not* smoke for the duration of and 24 hours following the procedure (until the protective pellicle of the teeth regenerates). I also understand the importance of maintaining as close to a white or clear diet as possible for the same time period. I understand that I should avoid red wine, coffee, tea, dark colas, lipstick, lip gloss, and anything that will stain a white shirt. I know that if I smoke or if I do not follow a nearly white or clear diet, I WILL stain my teeth. I know a sonic toothbrush is recommended.

I understand that I *may* experience some gum and/or tooth sensitivity during the whitening process. If my teeth are exceptionally sensitive, I understand that I may not be able to wear the trays as directed and so may not achieve the whitest shades on the bleaching scale.

I understand that during the two week at-home nightly whitening, previously existing white spots or streaks - however unnoticeable before the whitening sessions - may stand out, as may dark spots or two-tones. I understand my lower teeth may not lighten as quickly as my upper. I have read the section regarding what to expect and understand that I may need to follow a post-bleaching regimen if my teeth represent an unusually difficult case.

I understand that proper tray storage is critical to the preservation of the gum line seal of the trays.

I understand that fabrication of *Deep Bleaching*TM models and trays is labor-intensive and that I am responsible for keeping the stone models of my teeth safe in case of loss or destruction of one or both trays. The fee for re-fabrication will be \$100 per tray if I am able to return the corresponding model intact and \$300 per tray if I am not.

Signature _____ Date _____