

In-Chair Whitening

The day of the treatment:

The appointment takes about 1 hour.

We will give you 2 Advil tablets to control sensitivity during the treatment.

You can bring a portable music player.

During the treatment:

Your teeth will be sensitive, and you will feel shocks moving from one tooth to the next.

It is important not to touch your mouth or speak.

You can use a paper and pencil to communicate.

After the treatment:

Your teeth will be sensitive. Your gums may be white in some areas; this is safe and temporary.

To ensure the success of the treatment, it is important, for 48 hours:

- Not to smoke
- Not to drink beverages that stain teeth, such as tea, coffee, red wine, coloured juice, etc.
- Not to eat foods that stain teeth, such as soy sauce, tomato sauce, beets, etc.
- To avoid any liquid or food that could stain white cotton

Maintenance:

The degree of whitening varies from one person to the next and depends on the initial colour of the teeth

(yellow whitens better than grey). The results can be **unpredictable**.

We will give you whitening trays to wear for 20 minutes/day for 5 days.

Sensitivity:

We will give you special toothpaste if necessary.

Take Advil as needed.

I have read and understood this document.

Date: _____

Name of patient: _____

Signature: _____