

## Lightning Whitening FACT SHEET

### **Can I get my teeth whitened here if I am a patient at a different dental office?**

Yes, we will have you fill out a health history and meet with the Dentist for a complimentary 15 minute consult to determine if you are a good candidate for the whitening system before you are booked for a whitening session. Your oral hygiene and your checkup history must be up to date.

If you are already a patient, it is required that your dental hygiene is up to date (within 6 months) and your last check-up was within 1 year.

### **Does Insurance cover whitening?**

No, insurance does not cover whitening as the treatment is considered cosmetic.

### **How much whiter will my teeth get?**

Everyone has different teeth; i.e., colour and thickness, so it is impossible to say exactly how many shades your teeth will whiten. Whitening is a progressive process just like tanning. We are confident that you will notice your teeth will whiten 2-4 shades lighter. Some clients will repeat the in-office whitening process or opt for whitening trays. Ask to see our before & after portfolio.

### **Do you have whitening trays also?**

Yes, we offer take home whitening trays. We would recommend this if you wanted even whiter teeth after the in-office whitening was done.

### **How long will the whitening last?**

The longevity of the whitening will vary, but should last at least two years. Factors such as genetics, age, and some medications (tetracycline), smoking, red wine, tea and coffee consumption can affect the longevity of the whitening procedure. This means final results will vary.

### **How long does it take?**

First we will require a 15 minute assessment to determine if you would benefit from the in-office whitening. It is important that we make sure your teeth are healthy and that there are no factors such as cavities, crowns, fillings or gum disease which could hinder the whitening process. The whitening procedure itself will require an hour and half appointment.

### **Do crowns and fillings whiten?**

No, crowns and fillings will not whiten or change colour. You may opt to replace visible crowns and fillings after whitening to have a brighter smile, especially for front teeth.

### **Will this whitening process damage my teeth?**

No, the system that we use is created to protect your teeth during the whitening process. The key ingredients that protect your teeth are potassium nitrate, which acts as a neutralizer and fluoride to strengthen the enamel. Some people have thinner enamel than others; it is normal for a person with thin enamel to experience some sensitivity. The sensitivity subsides after 24 hours.

### **How do I prepare for my whitening treatment?**

To prepare for your whitening appointment it is required that you have an up to date cleaning (within 6 months) and check-up (within 1 year). The dental hygienist will also give you a pre-loaded tray to help prevent sensitivity that you wear the night before your whitening appointment. You can also take a pain reliever, such as Advil to prevent sensitivity.