



truly

Teeth Whitening
Healing & Aftercare

Our *step-by-step* aftercare guide for whitening treatments.

Congratulations! Whether you want to flash your brightest smile for a special day, could use some support setting improved habits around oral hygiene or smoking behavior, or simply knew it was time to invest in your first impression.

We at Truly are delighted to be the first to compliment you on your decision, and your dazzling new smile! We know that the more you smile, the more the world smiles back at you; but over time as we age our teeth naturally begin to lose their protective enamel coating and become darker, with the more yellow tooth colour beneath gradually being exposed. Smokers and coffee, tea and red wine drinkers will notice this natural discolouration occur more rapidly and often to a greater extent, due to these substances' staining effect. This process doesn't only affect our confidence or self-esteem, but can also have a direct effect on overall oral hygiene—as these stains can retain and contribute to build-ups of plaque.

At Truly our fully patient-focused experience will ensure that your fresh, bright and healthy smile is restored using the safest and fastest modern methods of care. We work with you to produce a custom-made whitening kit that is designed to conform to and protect your unique natural tooth structure, while reliably and effectively whitening your teeth from the comfort of your own home.

Many commercial whitening kits or services can often at best have little effect on tooth

colour, and at worst can even cause harm such as enamel erosion or chemical burns if used incorrectly. Our patients know that they can trust our team and our kits, which contain the most effective, safe and widely-researched whitening chemicals, available by law only to registered dental professionals to administer. Your smile makes a difference, and at Truly we know that taking pride in your appearance matters, and we are committed to helping you attain all the benefits.

The benefits of teeth whitening:

- 1 Patients report enhanced confidence in face-to-face and personable events and a real boost in self-esteem — investing in such an integral part of your appearance shows the world the respect you have for yourself.
- 2 Tooth whitening improves your oral health by removing plaque retaining stains, and because a full dental check-up and cleaning are carried out at our clinic before the whitening process, any underlying oral health problems can be discovered and resolved at an earlier stage.
- 3 Patients who invest in a better smile are more likely to form and keep good oral hygiene habits (brushing, flushing, regular dental check-ups) to preserve those bright, healthy grins. Teeth whitening has been known to help with reducing smoking, with spotless smiles motivating many to quit.

- 4 Our whitening kits are custom-fit to conform exactly to your mouth shape and protect your natural tooth structure, ensuring maximum effectiveness and safety to you while whitening. Impressions are taken of your teeth during your initial consultation, which are sent to our dental lab for them to fabricate a set of bespoke, custom-made whitening trays which will fit only your mouth. Our team will dedicate time to teaching you exactly how to use it so you can get the best, brightest results.

A little unsure? Don't worry, here's what to expect:

Before you leave the clinic today the front desk will schedule an appointment with you to return for the collection of your custom-made whitening trays from our dental lab.

At this visit your dentist will show you exactly how to use your custom whitening kit, and answer any questions you may have. You will be shown how you should add the whitening gel and place your whitening trays.

Your whitening kit will contain your custom-made trays, an applicator syringe and the whitening gel—this is a rigorously formulated peroxide gel, which when applied to the visible surface of your teeth via the fitted trays, cleans, removes stains and restores the white colour of your teeth.

How to boost your brilliance at home:

- 1 Prior to each treatment you should thoroughly brush and floss your teeth. This allows the whitening gel to work more effectively.
- 2 Ensure that your whitening trays are fully clean and dry.

- 3 Place a small drop of the bleaching gel into each compartment for the teeth undergoing treatment. Avoid spreading the gel around. You should then carefully recap the syringe for the next treatment. Each treatment will require about 0.5ml of whitening gel per arch.
- 4 place the whitening tray over the teeth, making sure it is fully and snugly seated against your teeth.
- 5 Some gel will seep over the tray. This is normal and accounted for, but do make sure to wipe this away using a tissue or your finger. Leave the trays in place for at least 2 hours (many patients average 4–6 hours) If you find that you don't experience any sensitivity you can wear them overnight.
- 6 Remove your trays first thing in the morning, or after 2–6 hours. Floss and brush your teeth as normal.
- 7 Use a toothbrush and cold water to clean your whitening trays. Avoid soaking or rinsing in warm water as this will distort your whitening trays.
- 8 Make sure to store your whitening trays in their box when you are not using to keep them safe. Always keep your whitening kit out of the reach of children.
- 9 Carry out this simple process once per day for 2–5 weeks, or until the desired results have been reached.

Getting the most out of your custom whitening kit:

- 1 During the initial course of treatment you should avoid or significantly reduce your consumption of coffee, tea, red wine, and heavily spiced meals. For optimal results these should continue to be reduced for one month following treatment.
- 2 Avoid or reduce smoking during your treatment phase. For best results continue cessation for 2 months after treatment. Store your whitening gel at room temperature away from direct sunlight.

- 3 Store your whitening trays in a designated box. Avoid placing in tissue paper as they are likely to be lost or damaged.
- 4 After the initial phase of treatment it is important to keep your whitening trays. These are unique to you, and storing them means you are never more than an appointment away from quickly and easily arranging for a top-up treatment—most people typically schedule a top up treatment after 18–24 months.
- 5 It is important to note that dental whitening shouldn't be carried out during pregnancy or if you are breastfeeding—your dentist will be happy to discuss short-term alternatives with you during this time.
- 2 Avoid rinsing your mouth afterwards. You can instead spit out any excess toothpaste
- 3 Alternatively if sensitivity is quite severe, you can apply the desensitising toothpaste to your whitening trays and wear for 2 hours, prior to your daily whitening gel application.
- 4 In cases of extreme sensitivity, you can also choose to use your whitening gel on alternate days, rather than daily, and/or reduce the period of time that you wear the trays for daily.
- 5 If possible don't take a break from whitening for more than 2 days consecutively, as this will impact and prolong your treatment time.

To alleviate *tooth sensitivity*:

- 1 Use a desensitising toothpaste (such as Sensodyne) when brushing your teeth. If your sensitivity is set off by brushing, you can also apply a small amount of this toothpaste to sensitive teeth with your finger at first.

Do not worry, tooth sensitivity is very common after whitening treatments. Some people will experience this more than others, particularly if they are already prone to tooth sensitivity.

Join the club at trulydental.ie and book your mouth a wellness retreat.

truly

Opening Hours

Mon to Fri 08:00 – 20:00

Sat to Sun 11:00 – 18:00

Telephone (0)1 525 2670

Email info@trulydental.ie