

TEETH WHITENING AT THE CLINIC

The whitening procedure at the dental clinic begins with an examination and professional cleaning of the teeth.

For whitening, the dentist applies a 16% carbamide peroxide gel to clean teeth, which is activated using the BlancOne Arcus photoactivation LED lamp (consisting of 10 lamps with a power of 5W).

For light whitening, the gel is activated once for 10 minutes.

For full whitening, three 8-minute sessions of gel activation are performed.

After the whitening gel activation process with the BlancOne Arcus lamp, the dentist rinses off the gel from the teeth using a desensitizing toothpaste.

After teeth whitening:

Avoid pigmented foods and drinks for 2 weeks:

- a) Black coffee
- b) Green tea
- c) Soy sauce
- d) Red wine
- e) Blueberries
- f) Beets, etc.

Avoid or reduce smoking.

Since fillings or crowns do not whiten, they can be replaced 2 weeks after the whitening procedure, if necessary.

Light whitening can be repeated after 3 months.

Full whitening can be repeated after 6 months.

How long the whitening results last depends on individual habits (pigmented foods/drinks, smoking).

Teeth whitening is a process – no whitening lasts forever, and each new whitening session gives a brighter and whiter result faster than the previous one!

