

## Whitening Menu

### **In-office Whitening:**

Best option for instantly brighter smile. This option will take about an hour and a half of your time and you will leave the office with immediate results.

### **Custom Tray Whitening System:**

Impressions will be taken of your teeth and customized trays will be fabricated to be used in the convenience of your home. We will provide you with whitening gel which you will place inside the trays and wear for an indicated amount of time during the day or at night for up to 14 days. These trays can be reused in the future for touch-ups if necessary.

### **Take Home Disposable Trays:**

Pre-filled trays that you mold to your teeth and wear 20 minutes a day for up to seven days.

Please note that sensitivity is a normal side effect which will subside in a few days after whitening is complete. To diminish the amount of sensitivity use Sensodyne toothpaste one week prior to your whitening appointment and during the course of your treatment. For best results, avoid food and beverages that contain a lot of pigment like coffee, red wine, curries and soy sauce for 48 hours after whitening.