

HOW DO I WHITEN MY TEETH?

At-home whitening treatments you can buy at the store

**Talk to your dental professional before
starting at-home whitening treatments**

Whitening strips

- Strips are applied, allowing a whitening agent to work beneath the enamel surface
 - Place whitening strips on top and bottom teeth
 - Wear the strips as instructed on the package



Whitening toothpaste

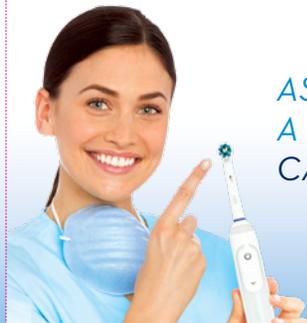
Whitening toothpaste can take away surface stains if used often. Every time you brush with a whitening toothpaste, you are removing stains that can be caused by food, drinks, or tobacco.

Quick tips for **stain prevention** and **good oral hygiene**

- Brush twice a day with a power toothbrush and toothpaste, floss between teeth, and use mouthwash to help prevent plaque and tartar build-up while removing surface stains
- Avoid smoking or chewing tobacco
- Visit your dental professional every 6 months for a regular dental cleaning

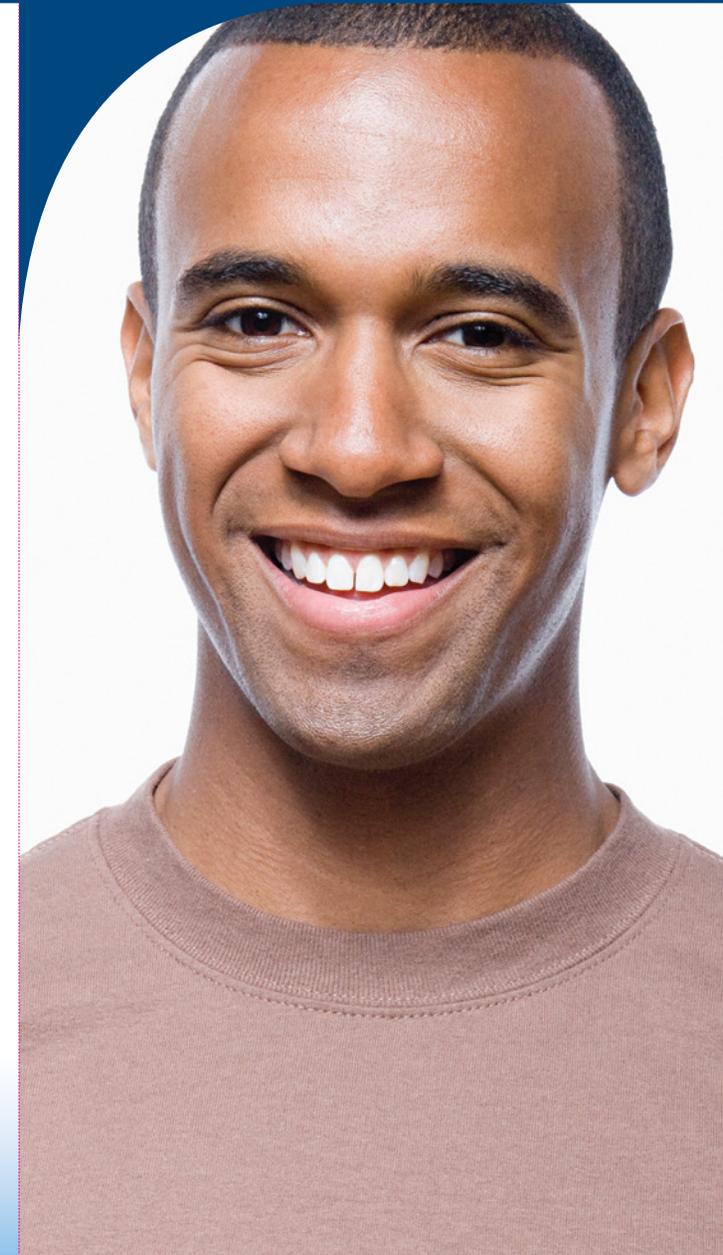
For additional stain prevention:

- Cut back on foods and drinks that stain such as berries, coffee, tea, and red wine
- Use whitening products such as whitening toothpaste, mouthwash, and strips



*ASK US HOW
A POWER BRUSH
CAN HELP YOU.*

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Two kinds of tooth stains: External and internal

External stains

These are found on the enamel tooth surface. They may be caused by tobacco, tartar, food, or drinks. Some drinks that cause stains are coffee, tea, and red wine.



External staining

Internal stains

These are found beneath the surface of your tooth. They may be caused by thinning of enamel over time, excessive fluoride intake during tooth development, tooth injury, or certain types of medicines.



Internal staining

Professional whitening

At the dental office

Your dental professional can offer you helpful in-office tooth whitening options. These include **gels** and **whitening lights**.

The gels contain high levels of peroxide that penetrate teeth to reduce staining. Talk to your dental professional to learn more about in-office whitening treatments.

- Whitening gel will be put on your front teeth
- The gel is left on for 15 to 20 minutes and then washed off. This process is repeated several times
- Whitening lights, or laser whitening, uses a specialized device to speed up the whitening process after the whitening gel is applied



Laser whitening



At-home treatments prescribed by your dental professional

You can also whiten your smile at home with products prescribed by your dental office.

Trays

Your dental professional will make a mold of your teeth and then give you a clear plastic tray made just for you. At home, you will fill your custom-made tray with **whitening gel**. This gel will stay on your teeth for at least an hour.

- Put the whitening gel inside your custom-made tray
- Wear the tray for at least 1 hour