

## Teeth whitening Contraindications

### The following contraindications are NOT RECOMMENDED to do Teeth Whitening:

- Pregnant or nursing
- People under the age of 14 years
- People with gum disease
- Open cavities
- Leaking fillings or other dental conditions
- Known allergy to peroxide and/or to aloe vera

### The following conditions are recommended to discuss with dentist or physician prior to teeth whitening:

- People that have had braces removed should WAIT 6 months for cement residue to wear off
- Oral cavity piercings should be removed before session starts
- Artificial teeth, caps, crowns, veneers, porcelain, composite or other restorative materials shouldn't expect dramatic results from this treatment because the peroxide gel will not whiten (or damage) artificial dental work

### **Potential Risks**

Although whitening treatments are generally safe, some potential complications of this treatment include, but are not limited to:

**GUM/LIP IRRITATION:** Whitening gel that comes in contact with gum tissue or the lips during the treatment may cause inflammation or whitening of these areas. This is due to inadvertent exposure of small areas of those tissues to the whitening gel. The inflammation and/or whitening of gums and lips is transient, and the color change of the gum tissue will reverse within 30 minutes. I may feel a stinging and tingling sensation on these soft tissues during the treatment if the gel comes in contact with them.

**TOOTH SENSITIVITY:** Although uncommon, some customers can experience some tooth sensitivity during the first 24 hours after the whitening treatment. People with existing sensitivity, recently cracked teeth, micro-cracks, open cavities, leaking fillings, exposed roots, or other dental conditions that cause sensitivity may find that those conditions increase or prolong tooth sensitivity after treatment.

**SPOTS OR STREAKS:** Some customers may develop white spots or streaks on their teeth due to Calcium Deposits that naturally occur in teeth. These spots are NOT caused by the peroxide gel. The gel just brings the already existing calcium deposits out and makes them visible again. These usually diminish over time.

**RELAPSE:** After the treatment, it is natural for teeth color to regress somewhat over time. This a natural and should be very gradual, but it can be accelerated by exposing the teeth to various staining agents, such as coffee, tea, tobacco, red wine, colas, etc. It is recommended to only consume water 60 minutes after treatment because gel opens the pores of the enamel and makes teeth very vulnerable to staining agents.

