



## What is bleaching?

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Bleaching is a cosmetic procedure for gentle whitening of natural teeth by active oxygen. This will remove the offending color pigments in the tooth enamel and dentin can be unchanged in substance.

**Fillings and crowns** are not bleached and must be made new.

## Is the treatment unpleasant for the patient?

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Some patients experience during and after the process (sensitivity to cold and heat) a latent pain in the neck of the tooth that should have disappeared at the latest after 24 hours. It can also be administered prophylactically prior to or after the treatment, a painkiller. The bleached teeth should be treated during a week with a special fluoride gel once per day.

## What do I do after bleaching?

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Following drinks and food should be avoided during the first 48 hours:

**red wine, tobacco, coffee, tea as well as curry, tomatoes, eggplants.**

Take in the period referred neutral part food itself, such as: Green salad with white dressing, chicken, cream sauce, pears, cheese, white bread, pasta, potatoes, bananas, turkey, ham, rice etc. Drinks which are suitable are mineral water or milk for example.

## How long do the results last?

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The duration of the whitening result is generally dependent on their oral hygiene and living habits. If you follow the simple post whitening care instructions, your teeth will always be whiter than before the treatment. To obtain the radiant appearance of your teeth, you can occasionally refresh your smile with a home bleaching, or be subjected to a given point in time another power bleaching.