

Single Visit In-Office Professional Teeth Whitening

We are pleased to offer in-office, single visit, professional grade teeth whitening for our patients. This Philips Zoom system uses a high concentration of perfected hydrogen peroxide gel that is activated by a WhiteSpeed LED lamp. This professional grade system by Philips Zoom for visibly whiter teeth is a popular, regulated and researched system used by dentists for superior results. Our dental team has received training by Philips Zoom.

The fee is \$500. This is typically not covered by dental insurance plans since this is a cosmetic procedure. Call us at **905-889-2181** or email us at **drtanen@rogers.com** to book an appointment or for more information.

The Philips Zooms system will whiten your teeth to the maximum your teeth can be naturally whitened.

Before your appointment:

Most Philips Zoom patients do not experience any sensitivity but in order to ensure the most optimal patient experience Philips Zoom recommends patients brush with Sensodyne Fresh Mint for two weeks prior to your appointment. As well, they recommend patients take up to 600 mg Ibuprofen (3 Advils) an hour before your appointment to reduce potential tooth sensitivity. Make sure to remove any lipstick before your appointment.



At your appointment:

The appointment itself is usually 1 ½ hours. This includes preparation and three 15-minute sessions with the WhiteSpeed LED lamp activation. You can bring earphones to listen to your own device.

After your appointment:

For the next two hours (we recommend eight hours), dark staining substances should be avoided. This includes coffee, tea, cola, tobacco products, red wine, mustard, ketchup, soy sauce, berries and red sauces – anything that would stain a white shirt. You may notice that your teeth continue to whiten over the next day.

Typically patients will whiten their teeth every one to three years, depending on their preference. Patients who are conscientious about avoiding staining foods and habits will usually require less frequent whitening sessions. Good oral hygiene will help prevent additional staining and will prolong your whitening results. Proper home maintenance - brushing and flossing - and regular dental cleanings are necessary to maintain bright smiles.

The best time to whiten your teeth is soon after your dental checkup and cleaning. We also recommend whitening your teeth *before* major dental work on your front teeth.

If you already have custom take home bleaching trays, they work together with the in-office whitening. You can use the trays at home for touch up bleaching in between in-office sessions.