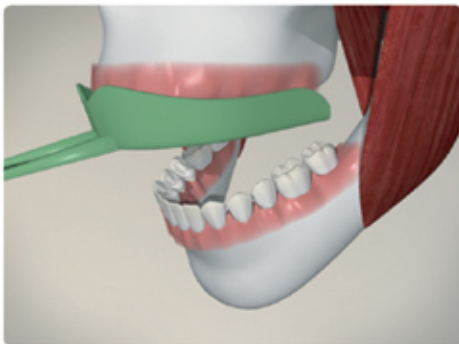


When your teeth are darker than desired, whitening your teeth at home is an option.

Your dentist will begin by noting the colour of your teeth with a shade guide in order to record your tooth color before whitening begins.



The first step is to make impressions of your mouth. They are then sent to a dental lab where custom home whitening trays are made to fit your teeth perfectly.



To whiten your teeth, place the whitening solution in the trays. The trays with whitening solutions are then placed in your mouth. Your dentist will tell you how long to leave the trays in your mouth.



After removing the trays, thoroughly clean your mouth and teeth. Your dentist will tell you how many repetitions of this process are required to obtain the desired tooth colour.

Notes:

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