



# BRITTANY & CO.

## *Hair and Beauty Salon*



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## *Teeth Whitening Information Guide*

### **Carbamide vs. Hydrogen Peroxide**

The first thing you should know about hydrogen peroxide teeth whitening is that it is what dentists use for chair-side, in-office treatments. No dentist would ever use carbamide peroxide teeth whitening; they give patients take-home kits with carbamide gel but will never use it in office.

Dentists get the best results in our industry because they use a very high concentration of hydrogen peroxide gel, so we use what dentists use to whiten teeth but in a concentration that does not require a gum protector.

### **Hydrogen Peroxide Teeth Whitening**

When you get your teeth whitened, hydrogen peroxide is what actually whitens them. Even if you are using carbamide peroxide, what actually whitens your teeth is hydrogen peroxide. Something that many people don't know is that carbamide peroxide is made from hydrogen peroxide.

### **Carbamide Peroxide Teeth Whitening**

In order for carbamide peroxide to whiten your teeth, it must first break down into hydrogen peroxide. The problem in using carbamide is that it takes at least 15 minutes for carbamide peroxide to begin to break down into hydrogen peroxide (and longer to completely break down). Only when the carbamide peroxide has broken down into hydrogen peroxide can it begin to whiten your teeth. So if you use carbamide peroxide for teeth whitening during a 20-minute treatment (Like most over the counter strips) the customer will only have a little hydrogen peroxide on the teeth for 5 minutes. That's why most people that use carbamide peroxide are not happy with the results.

Majority of teeth whitening suppliers choose to use carbamide peroxide because it causes less gum irritation than hydrogen peroxide. However, it doesn't cause gum irritation because it doesn't become hydrogen peroxide till the end of the treatment.

The Beaming White system uses 16% hydrogen peroxide yet gives little or no gum irritation along with spectacular results.

## **SIDE EFFECTS:**

**TOOTH SENSITIVITY:** Although uncommon, some people can experience some tooth sensitivity during the first 24 - 48 hours after the whitening treatment. I have had some clients say it only last 15minutes, others up to 48 hours. People with existing sensitivity, recently cracked teeth, micro-cracks, open cavities, leaking fillings, or other dental conditions that cause sensitivity may find that these conditions increase or prolong tooth sensitivity after the treatment. If you experience tooth sensitivity after the treatment, you can use Sensodyne toothpaste to ease the discomfort. Brush your teeth with this toothpaste until tooth sensitivity goes away.

If you have tooth sensitivity do not begin with your touch-up pen treatment at home. Wait until the sensitivity goes away and then begin with the home treatment.

**RELAPSE:** After the treatment, it is natural for teeth color to regress somewhat over time. This is normal 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, soft drinks, citrus drinks and fruits, Asian food etc.

**Do not eat or drink anything except water for the first hour after the treatment because the gel opens the pores of the enamel and makes the teeth very vulnerable to staining agents. If you purchased a touch-up pen, be aware that the pores of your enamel will remain open for as long as you use it so you should refrain from staining agents till you stop using the pen. You can resume your normal habits 24 hours after treatment.** Also, be aware that drinks and food are not the only things that can stain our teeth when the pores are open; lipstick can stain too. Do NOT apply lipstick soon after whitening your teeth.

**ALLERGY:** Some people are allergic to peroxide but are not aware of it. If you had the treatment done and a few hours or a day later you have a blister on your lips, you are probably having an allergic reaction to the gel. Buy liquid vitamin E in any pharmacy and apply it to the blister until it goes away. It generally goes away within a couple of days by itself. You can also take any over-the-counter antihistamine.

**RESULTS:** How long the results will last depends on 2 main factors: 1) your habits, and 2) the porosity of your teeth. If you expose your teeth to staining agents such as tobacco, coffee, red wine, tea, soft drinks, Asian foods etc. on a regular basis, your whitening results will not last as long. If you have naturally porous enamel, your teeth will be more vulnerable to staining agents and your teeth will get stained again sooner than the average person.

Unfortunately, there is no way of knowing ahead of time how porous your teeth are. Generally speaking your results can last 1-2 years.

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### **The White Diet**

The White Diet is very important to any teeth whitening procedure. You must keep to this for 24-48 hours after treatment and avoid any food or staining agent that will cause discoloration. Remember, the pores of your enamel are open after treatment making your teeth vulnerable to staining/discoloration.

<b>Drinks you can have</b>	<b>Drinks to avoid</b>
Still or sparkling water. Tonic water, Lemonade, Skimmed Milk.	Tea, Coffee, Cola, Orange Juice, or Fizzy drinks

<b>Alcoholic drinks you can have</b>	<b>Alcoholic drinks to avoid</b>
Vodka, Malibu rum, Gin or white wine	Red wine, beer, Guinness and any other coloured beverages.

<b>Food you can have</b>	<b>Food to avoid</b>
Chicken (dry or boiled, no fat), Turkey, White fish, White rice, White pasta, White sauce, Cauliflower, Cottage cheese, or Potatoes (No skin).	Carrots, peas, sweet peas, corn, broccoli, green beans, sprouts, mushrooms, tomatoes, red/green lettuce, beets, red sauce, butter or margarine.

***Remember, if it can stain a white shirt, it can stain your teeth!***