

## America's #1 Tooth Whitening – Zoom! Chairside Whitening and DayWhite Home!

We are pleased to offer a number of in-office procedures that are fast, reliable and safe. Whether you desire a quick office visit to instantly whiten teeth, or would like a long-term solution to removing stains and improving discoloration – Dr. Alan Litvinov has many options for you. With a broad range of products, including the Zoom! 45-min in-office Power Whitening and take-home DayWhite 1-hour bleaching, Dr. Alan Litvinov will bring out the brightest smile in you.



### What kind of Take-Home Bleaches available?

There are two ways you can bleach your teeth at home – DayWhite bleaching tray or WhiteStrips. Whiter Teeth at your convenience – whether your teeth are stained, naturally dark or just need that extra shine – whitening is the answer. Our office offers a broad range of take-home bleaching products and we are eager to help you find the solution for you. Some of our take-home products include WhiteStrips or DayWhite whitening gel.



### What is In-Office Whitening?

With in office bleaching, a special light is used to activate the bleaching gel to start the whitening process. The In-Office Zoom Whitening is quick and effective – If you want bleaching results instantly; we offer the latest in-office product and a solid record of sparkling teeth. We are proud to offer the Zoom! Power Light Bleaching system. Dr. Alan Litvinov prepares the whitening solution and uses a Zoom Lamp to bleach your teeth. You'll be out of the office in about an hour, with a beaming new smile!

### Is the process safe?

Whitening is gentle and safe when supervised by your dentist. In fact, dentist-supervised whitening has been done for nearly a century, but has increased in popularity in recent years as yellowed teeth are becoming less and less acceptable, both socially and professionally. Procedures have been simplified and shown to be safe. Reports that claim that the bleaching gel will destroy your enamel are not true. The bleaching process causes no long-term harmful effects to your teeth or gums.

### Are there any side effects?

Some people may experience a transient sensitivity to cold while bleaching. This disappears soon after the treatment is finished. However you can decrease the frequency of wearing the trays to cut down or eliminate the symptoms. Your dentist may also choose to prescribe a fluoride gel that you wear in the trays for extreme sensitivity. It is important to note that all symptoms are temporary while you are bleaching. There are no long-term harmful effects to bleaching.

### How long do the results last?

Teeth will stay bleached permanently. However depending on your habits, you may need a touch up treatment once every 6 months. If you smoke, drink tea, coffee, or red wine, your teeth will stain faster therefore requiring more frequent touch ups. You can help your teeth remain white by brushing twice a day, cleaning between the teeth daily with floss or interdental cleaners, seeing your dentist for regular professional cleanings along with occasional touch-up treatments with Touch-Up Whitening Gel.

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