

VivaStyle® 10 % | 16 %



Serious Whitening

*Questions and answers
on tooth whitening*

VivaStyle® 10 % | 16 %

How would you like your smile?

Like this ...

...or like this?

A smile connects.

Lifelong
healthy teeth.



Serious Whitening

Beautiful white teeth for a bright and shiny smile: Professional tooth whitening makes it possible.

How does it work?

Here are the answers to frequently asked questions about tooth whitening.

What causes the discolouration of my teeth?

Many things can affect the colour of teeth: Particular types of food and drink, smoking, medication and certain diseases can lead to unsightly discolourations.

Also as we get older the colour of our teeth usually darkens.



VivaStyle® 10% | 16%

Is there anything I can do against it?

You can: Today, very effective countermeasures are available. An effective and proven method is professional tooth whitening with the help of and under the control of your dental practice team.

Professional tooth whitening – How does it work?

A tooth whitening agent, e.g. from the VivaStyle product range from Ivoclar Vivadent, is applied to the teeth. VivaStyle releases oxygen, which gently lightens discoloured teeth. Several different application methods are available. The VivaStyle gel, for instance, is applied using a customized tray, while the VivaStyle Paint On Plus varnish is directly painted on the teeth with a brush. Depending on the product you use, the treatment will take between 10 minutes and one hour of your time per application.

VivaStyle releases oxygen (O_2) which bleaches the teeth.



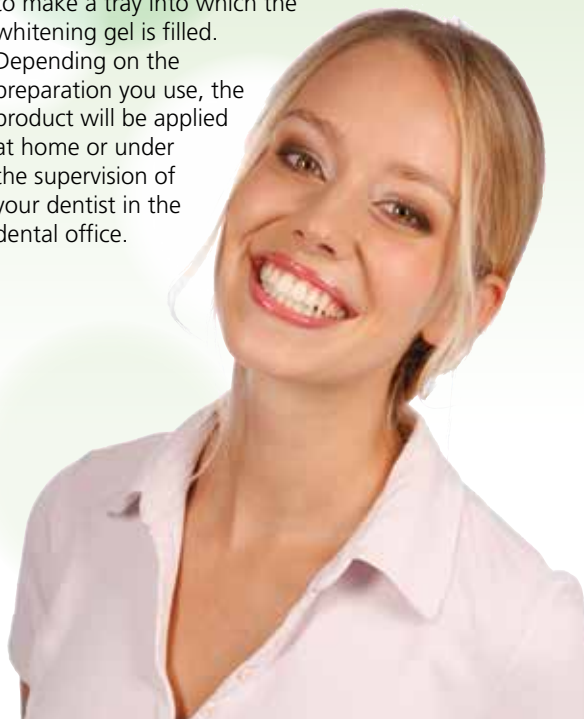
The tray filled with VivaStyle gel has been placed over the upper teeth.



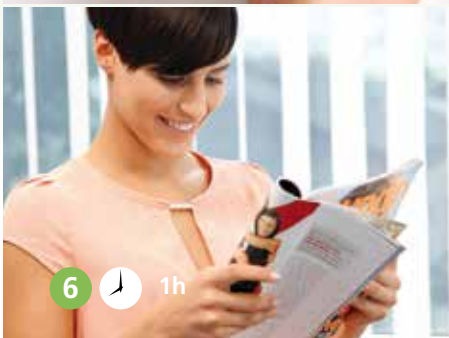
How does the tray work?



After the dentist has examined you, he or she will take an impression of your teeth. This is used to make a tray into which the whitening gel is filled. Depending on the preparation you use, the product will be applied at home or under the supervision of your dentist in the dental office.



VivaStyle® 10 % | 16 %



Step by Step

Serious Whitening



VivaStyle® 10 % | 16 %

How do I know which method is suitable for me?

Your dentist will examine you and draw up a treatment plan and recommend a suitable treatment method on the basis of this examination. First an individual tray will be made for you. If an at-home procedure is prescribed the treatment steps will be explained to you in detail. If a varnish is recommended, you will be shown how to use it.

Then you will take the products home and use them according to the instructions of the practice staff until your next scheduled check-up.

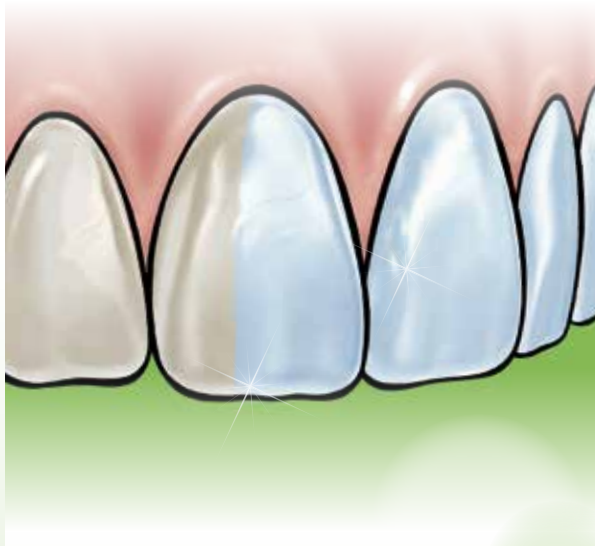
Can anyone whiten the teeth?

No. Certain individuals, for example children, adolescents below 18 years of age and pregnant or nursing women should not whiten their teeth. Your dentist will inform you about whether or not tooth whitening is suitable for you.

How long does the treatment take?

That varies according to the cause and degree of the discolouration. Usually, the bleaching effect becomes visible after the first few applications.

Discolourations caused by certain types of food or drink will normally disappear within 10 to 12 days. Discolouration triggered by medication or by disease can call for prolonged treatment that might take months.



Do everyone's teeth bleach the same?

No, the results are different from one person to another. They depend on the original natural tooth colour and the cause of the stains.

Is tooth whitening safe?

According to the current scientific findings, tooth whitening is considered to be a gentle procedure, which does not affect teeth, existing fillings or soft tissue.



VivaStyle® 10 % | 16 %

Should I expect side effects?

During the course of the treatment, some increased sensitivity of the teeth and irritation of the gums can occur. These effects will disappear at the end of the treatment.

Can I avoid or at least reduce these side effects?

Yes: Avoid citrus fruits and acidic drinks for the duration of the treatment. A well-fitted and carefully filled tray also helps to make the treatment comfortable. Please follow the instructions that you will be given at your dental practice carefully.

How long will the whitening results last?

It depends on your life-style:

The whitening results last between a few months and several years.

Your diet, age and dental hygiene regime as well as smoking habits decisively influence the duration of the results.

Drinking coffee, tea and red wine frequently as well as smoking, for example, will quickly darken teeth again.





How do I keep whitened teeth bright for as long as possible?

Good oral hygiene keeps teeth beautiful for a long time. Regular professional tooth cleaning at your dental practice also supports the lasting success of tooth whitening. Should your teeth show signs of new discolouration, treatment with VivaStyle or VivaStyle Paint On can be repeated. This usually involves less applications than the first treatment.



Does bleaching also work on fillings and crowns?

No. Professional tooth whitening only works on the natural tooth substance. Your dentist will advise you if tooth bleaching makes sense for you, and if fillings and crowns may need to be replaced.

Are there fillings that match the colour of bleached teeth?

Yes. Ivoclar Vivadent provides filling materials that match the shades of bleached teeth. Please ask your dentist for information.

VivaStyle® 10 % | 16 %

Do I have to consult my dentist in any case?

Yes. Your dentist can best judge which VivaStyle product is suitable for you. According to his examination he works out the right dosage and treatment schedule. Advice from the practice team helps to avoid side effects and to control the results of the treatment. In addition you will be advised of professional ways of keeping your teeth white and of course on what you can do at home.



Brighten up your smile! Your practice team will show you how.

Practice stamp

664285/en/2013-06-24

Ivoclar Vivadent AG
Bendererstrasse 2
9494 Schaan
Liechtenstein
Tel. +423 / 235 35 35
Fax +432 / 235 33 60
www.ivoclarvivadent.com


ivoclar
vivadent
passion vision innovation