

GET A BRIGHTER, WHITER SMILE.

Your smile is one of the first things that people notice when they meet you. Straight, white teeth are no longer just for celebrities. Advancements in cosmetic dentistry over the last several years have made teeth whitening safer and more affordable for almost anyone wanting a brighter smile.

We offer various teeth whitening options either by appointment and in our office, or take-home whitening kits, which uses a custom tray fitted to your mouth filled with a whitening gel. All within the comfort of your own home!



Provider Notes

Office

208-735-1415

Dr. Funk's Cell

208-539-8563

Hours

Mon-Thur: 8:30am - 5pm

Friday: 8am - 12pm

Address

1415 N. Fillmore, Suite 701
Twin Falls, ID 83301

MintDentalTwinFalls.com



Teeth Whitening

A quick guide on different types of whitening and the steps to get that bright, white smile.



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WORDS OF ADVICE

1. Do not whiten for more than 1 week at a time. Like most things in life, too much of a good thing can become harmful.
2. If you have sensitive teeth that last all day, do NOT continue whitening. Give it a couple days/a week break until the sensitivity returns to normal.
3. If you have sensitive teeth, place Sensodyne toothpaste into your custom trays and let it set for 30-45 minutes before whitening. You can also do this after whitening.
4. Keep in mind that we have fluoride varnish at our office. This is the fastest and easiest way to reduce sensitivity while also strengthening your teeth and reducing cavities.



SCHEDULE A VISIT WITH US TODAY!

Teeth whitening can often be a frustrating, problematic and an unpredictable proposition. Our options have perfected a scientifically designed application protocol, delivering exceptional results.

OPALESCENCE GO 15%

This is the strongest, non-custom trays you can buy. Please follow the instructions below to maximize results:

1. Brush and floss your teeth
2. Remove the trays from the package
3. Center the tray on the respective arch
4. Gently suck down
5. Remove outer tray
6. Suck Down
7. Wear for 15 to 20 minutes
8. Brush your teeth to remove excess material

OPALESCENCE PF 35% FOR CUSTOM TRAYS

This is the best at-home whitening available and requires custom trays. Please follow the instructions below to maximize results:

1. Brush and floss your teeth.
2. Load your custom trays by expressing one continuous bead of gel approximately halfway up (or slightly lower) on the "face side" of the teeth wells. This should be approximately to of a syringe.
3. Insert trays over teeth. If excess whitening gel comes out of the tray onto your gums/soft tissue, wipe away to avoid irritation.
4. Wear for 30-60 minutes.
5. Brush your teeth (yes, again).
6. Clean trays with a soft toothbrush and water after each use and store in the case provided.

HOME INSTRUCTIONS FOR WHITENING

After the in office boost whitening:

For the first 48 hours, your teeth will be especially vulnerable to staining. For this reason, you should avoid tobacco and any food or beverage that would stain a white blouse. This would include:

- Red wine
- Colas
- Coffee and tea
- Soy sauce
- Berries and citrus fruits and fruit sauces/juices
- Tomatoes and tomato sauces/juices
- Dark vegetables
- Foods containing dyes or artificial coloring

It is normal for some people to experience minor tooth sensitivity for 1-2 days after the procedure. To minimize this, you may want to avoid excessively hot or cold foods and beverages.

All whitening procedures eventually wear off and teeth gradually return to a darker shade. To prolong the whiteness, continue whitening at home. You can whiten at home daily, weekly, bi-weekly, or monthly depending on your diet and how light you want your teeth.

Get regular dental care. Regularly scheduled professional cleanings and good oral hygiene will help preserve your smile. Now that you've made an investment in a nicer smile, you want to take care of any dental problems you've been putting off.

Most of all, enjoy your smile and give us a call if you have any questions!