

Our Services

General Dentistry

Comprehensive Examinations
Dental Hygiene Treatments
Crowns and Bridges
Root Canal Therapy
TMJ Treatment
Dentures

Dental Implants

Single Implants
Implant Bridges
Full Mouth Implant Solutions
Bonegrafting

Orthodontics

Invisalign
Braces
For All Ages
Early Intervention Orthodontics

Cosmetic Dentistry

Veneers and Crowns
Teeth Whitening
Full Mouth Makeover

Periodontics

Gum Disease Treatment
Treatment of Gum Recession
Tooth Regeneration

Facial Enhancement

Anti-Wrinkle Injections
Lip Filler and Augmentation
Facial Filler and Augmentation
Microneedling

Our aim is to restore and maintain the health and function of your mouth, whilst creating a beautiful smile.

OUR VALUES (I.CARE)

I – Integrity
C – Compassion
A – Authenticity
R – Respect
E – Education




DENTAL ARTISTRY 
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Opening Hours

Monday – Thursday	8:30am - 5:00pm
Friday	8:30am - 4:00pm
Saturday	9:00am - 3:30pm
Sunday	Closed

Online booking is available at
www.dentalartistry.co.nz

 09 524 4515

 @dentalartistrynz

 DentalArtistryNZ

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At-Home Whitening

*Instructions for whitening
your smile at home*

A. 38 Broadway
Newmarket, Auckland 1023

P. 09 524-4541

E. info@dentalartistry.co.nz

Preparing To Whiten At Home

- We have provided you with a desensitising agent called Tooth Mousse to place in your custom made take home trays for a minimum of 15 minutes per day, one week prior to starting your At-Home whitening. If you have a history of sensitive teeth, you may wish to sleep with the Tooth Mousse in the trays overnight instead.

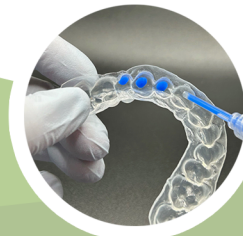
Please advise your dental professional if you have a milk protein allergy.

- Sensitivity is commonly experienced as a result of whitening. You may wish to switch to a sensitive tooth paste during this time.



Whitening Trays / HOW TO

- 1 Use only a small amount of whitening gel. You should only use approximately one third of the whitening syringe per application.
- 2 Apply a small dot of whitening gel (shown as blue in the image below for demonstration purposes only) in the centre of each tooth in the tray. Place this on the front surface of the tray so that is on the visible side of the tooth.
- 3 Whiten only the 10 most forward teeth of the upper and lower jaws, as they are the most visible. Do not whiten teeth that are crowns.
- 4 After 30 minutes, remove the trays and brush your teeth as normal and lightly clean the whitening trays with your toothbrush to remove the residual whitening. Do not rinse with warm/hot water as the trays will distort. Store the trays in the container provided.
- 5 If you can tolerate longer without sensitivity you may wish to wear the trays for up to 60 minutes per day.



What To Expect While Whitening

- Your teeth will gradually become lighter, a process which occurs over 1-2 weeks. You may discontinue whitening gel at any time when you are happy with the shade of your teeth.
- If sensitivity is bothersome during your whitening sessions continue to use the Tooth Mousse in your tray overnight as you did during your whitening preparation. The sensitivity is temporary and will subside shortly following the whitening process.
- For best results, stick to a "white diet" for the 72 hours following whitening. Avoid foods, drinks and habits that are known to stain the teeth (e.g. curries, dark sauces, soy sauce, red wine, tea/coffee, beetroot, turmeric and smoking).
- Anything ice cold may cause discomfort for a short time during whitening treatment such as ice-cream and cold drinks.
- Once opened, store the tube in the fridge.

Whitening is not a permanent procedure. A mini course (3-7 days of whitening) may be required every 6-24 months depending on individual diet, lifestyle, and hygiene factors. Keep your trays in a safe place and contact your dentist when you require more whitening gel.