

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
GROUP



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

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📘 DentalArtistryNZ

DENTAL ARTISTRY
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In-Surgery Whitening

Instructions for before and after your whitening appointment

A. 38 Broadway
Newmarket, Auckland 1023

P. 09 524-4541

E. info@dentalartistry.co.nz

Preparing For Your Whitening Appointment

- 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 In-Surgery 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.

- Active disease should be treated prior to whitening to minimise sensitivity and achieve optimal results. Complex treatment with aesthetic considerations should be completed two weeks after whitening so that a correct colour match can be obtained.
- Sensitivity is commonly experienced as a result of whitening. You may wish to switch to a sensitive tooth paste during this time.

Post-Care Instructions

After Your Whitening Appointment

CONGRATULATIONS! You have just completed an in-office whitening procedure. The next 72 hours are important in enhancing and maximizing your whitening results for a long lasting, bright and healthy smile. To achieve best possible results please refrain from any coloured foods, coloured drinks and smoking. Anything that might stain a white t-shirt will stain your newly whitened teeth and should be avoided. Please focus on eating or drinking white or clear for the first 72 hours.

Please continue to use your Tooth Mousse provided for two weeks following your whitening treatment. If post-operative sensitivity does occur, Paracetamol or Ibuprofen can be taken, and brush your teeth with a de-sensitising toothpaste.

You will notice a small decrease in lightness of teeth over the following week as the colour stabilises. After this your tooth shade will gradually decrease in lightness over 6 – 24 months. This will occur more rapidly in those who consume any of the foods listed below on a regular basis.

If you have experience a mild chemical irritation during the procedure, cool water will assist this in resolving promptly. Try to avoid any hot, spicy or sour foods or drinks until any discomfort has passed.



After whitening, avoid:

All tobacco products, berries, lettuce, tomatoes soft drinks, coffee, tea, red wine, mustard, ketchup, red or brown sauces, curries, and coloured lipstick.

Touch Up Kit / HOW TO

You have been provided with a set of trays and 4x syringes of whitening gel to help maintain your new smile. Please keep the whitening gel in the fridge once opened as it keeps for longer. Use this kit when necessary, to maintain the whiteness of your teeth.

Place a small amount of gel (the size of a match head) into each tooth impression towards the front of the tray. Insert the tray into your mouth. A small amount of gel may appear near your gums; this means too much gel has been applied to the tray. Take a cotton bud and wipe any excess gel away. Wear the tray for a minimum of 30 minutes. If you are comfortable and have not experienced any sensitivity, you may wear this for up to 60 minutes per day. Repeat this daily until you have reached your desired level of whiteness. When finished please rinse your tray with cold water only.

Additional ways you can help maintain your sparkling white smile is to avoid staining related habits, use an electric toothbrush, floss, and have regular professional hygiene visits twice a year to keep your smile at its whitest!

