



New Edition

## VivaStyle® – Serious Whitening Questions and Answers



**VivaStyle®**

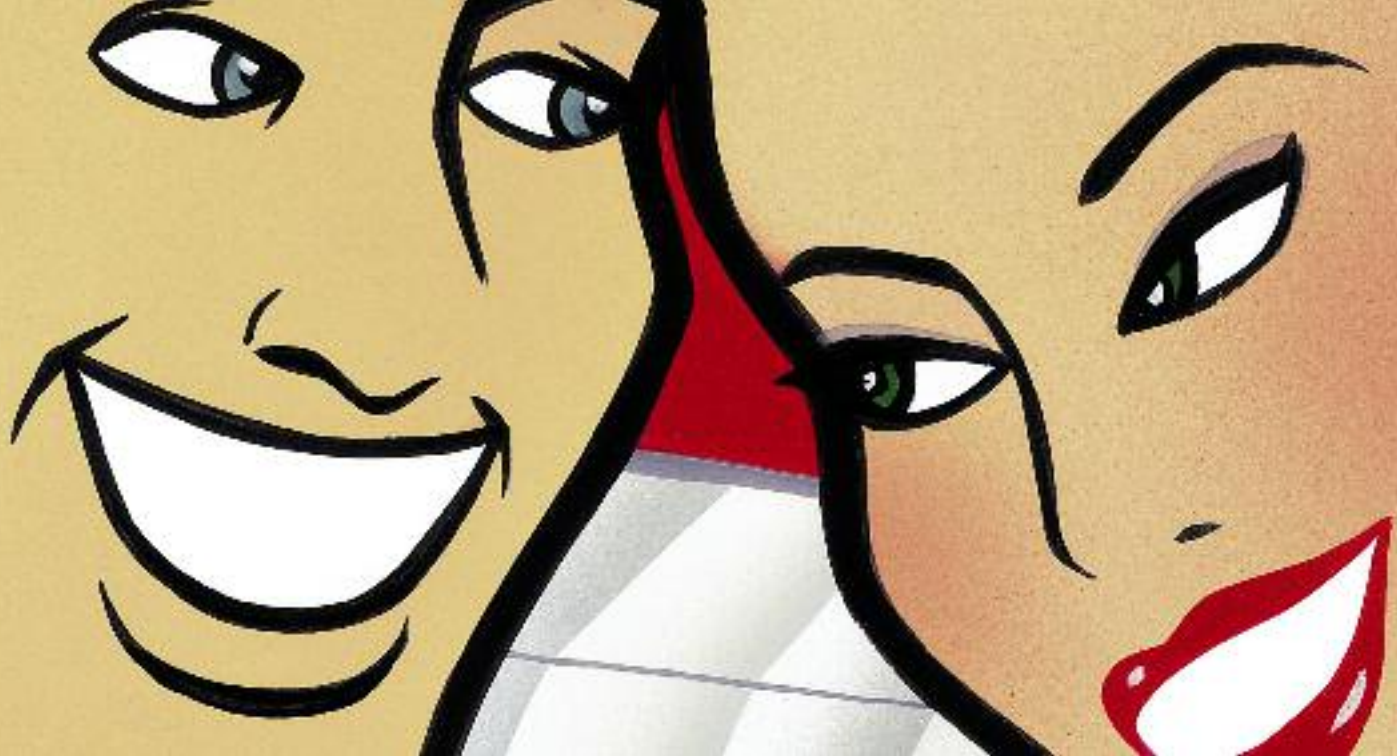
## Serious Whitening

**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.**





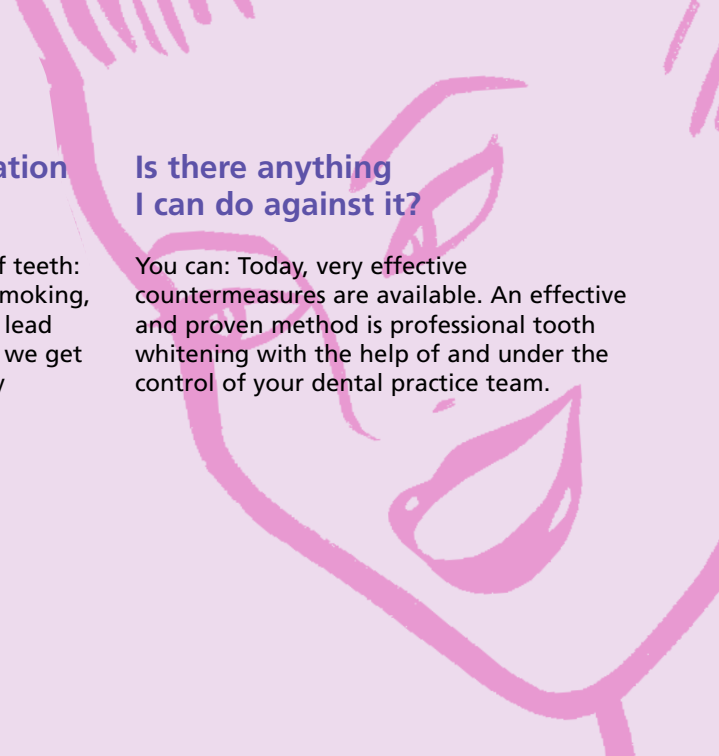
## What causes the discolouration of my teeth?

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.



## 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.





## 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.

## 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. If an at-home procedure is prescribed, a tray will be made for you and the treatment steps 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.





## 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.





## 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. Using products such as VivaStyle Paint On Plus and VivaStyle reduces the risk of irritation and sensitivity. 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 does professional tooth whitening last?

This is very much related to your lifestyle: The bleaching effect normally lasts between one and four years. The kind of food and drinks you consume, smoking habits, age and dental hygiene strongly influence the duration of the bleaching effect. Frequently drinking coffee, tea, or red wine as well as smoking can bring discolourations back quite quickly.

## 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 Plus can be repeated. This usually involves less applications than the first treatment.





## Does bleaching also work on fillings and crowns?

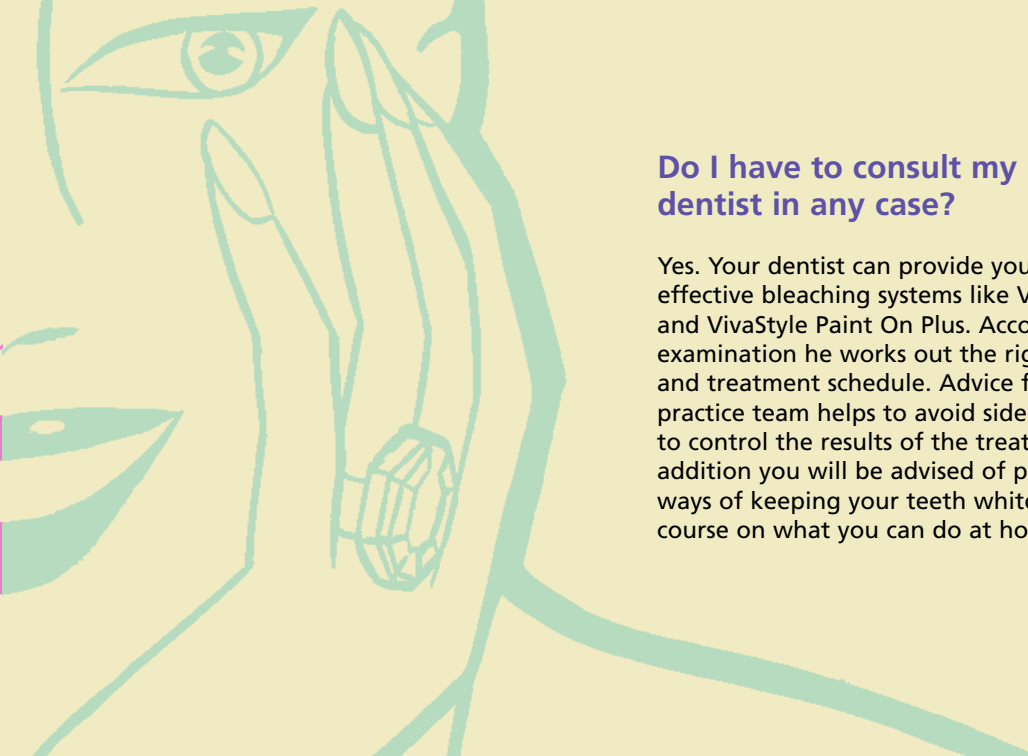
No. Professional tooth whitening only works on the natural tooth substance. Your dentist will advise you if tooth bleaching makes sense for you, and if fillings and crowns may need to be replaced.



## 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.



A large, stylized green line drawing on a light yellow background. It depicts a woman's face in profile, looking towards the right. Her hand is raised, with fingers slightly spread, and she is wearing a ring on her ring finger. The drawing is composed of simple, bold green lines.

## Do I have to consult my dentist in any case?

Yes. Your dentist can provide you with effective bleaching systems like VivaStyle and VivaStyle Paint On Plus. 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.



# VivaStyle® – Serious Whitening

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

Practice stamp

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