



EVERYTHING YOU WANT TO KNOW ABOUT

TEETH WHITENING



BRILLIANT SMILE™

SWEDEN



Teeth whitening

Far from all of us have white teeth naturally. For many of us, whiteness decreases gradually over the years, while others actually have less white teeth from birth. Discoloration is usually a result of food, beverages, tobacco, and other things we put in the mouth, whose pigments are packed into the enamel giving the tooth a darker color over time. Good oral hygiene can slow down the process, but once the pigments have already been absorbed in the tooth only teeth bleaching with hydrogen peroxide* can remove them. People with most types of stains can achieve a whiter shade on their teeth by using the Brilliant Smile teeth whitening system. Only one treatment session is normally enough in order to achieve noticeably whiter teeth, with results that last for years.

What is "The Brilliant Smile System"?

"The Brilliant Smile System" refers to a safe and effective teeth whitening method, using both Brilliant Smile equipment and most importantly Brilliant Smile teeth whitening gel. All our products are EU

approved and pH-neutral, which means that you as a customer can feel perfectly safe and confident when choosing to whiten your teeth with Brilliant Smile Sweden.

Safe and effective treatment

Brilliant Smile is the leading system in Sweden for teeth whitening that provides good results without compromising oral health. Patients undergoing a treatment with Brilliant Smile usually don't need to come back for repeat treatments in order to be satisfied. When using other systems, side effects such as shooting pains and long-lasting sensitivity are common. Fortunately, side effects are less common with Brilliant Smile, and if side effects do occur they are harmless and pass quickly. The main reason for that is because we only use pH-neutral gel (7), and the gel also contains additives which rebuild the enamel and minimize side effects. For light-activated treatments, the gel is used in combination with well-balanced plasma light which is completely free from harmful wavelengths.

Trained professionals

The clinics offering the Brilliant Smile System have all been specifically trained and certified for the use of Brilliant Smile's equipment and products. A dentist should of course examine the teeth and treat any injuries before the whitening treatment can begin. Patients must have visited a dentist within a three month period prior to their teeth whitening treatment.

What whitens the teeth?

Hydrogen peroxide is the most common active ingredient in tooth whitening gels. * There are also substances that release hydrogen peroxide (e.g. carbamide peroxide) and thus work in a similar way. When hydrogen peroxide oxidizes, free radicals are released and these break down organic material into carbon dioxide and water. The discolorations in the

teeth (residues from coffee, tobacco, food, etc.) are organic and thus broken down in this process. The enamel is not organic, and is therefore not affected.

Is teeth whitening dangerous?

Brilliant Smile's teeth whitening is completely harmless, but unfortunately not all other teeth whitening methods are. Hydrogen peroxide itself breaks down the discoloring pigments in the tooth without damaging or altering the enamel. But what actually could damage the enamel are gels that are not pH-neutral which etches the enamel. Etching damage is painful, causes long-lasting discomfort, and shortens the longevity of the whitening results. Therefore, all Brilliant Smile gels are pH-neutral. In addition, our plasma light is completely free from carcinogenic UV rays and harmful wavelengths.

Our treatments

We offer several kinds of teeth whitening treatments, both home-use products and in-office treatments. As a customer, it's up to you to decide what type of treatment you are most comfortable with. In-office whitening is perfect for those who want to see results quickly, without having to do anything yourself. You can of course achieve the same results if you whiten your teeth at home, but it will take a little more time.

Traditional in-office whitening

- "The original treatment" performed at the clinic
- The gel comes in different hydrogen peroxide %f
- Activation with Brilliant Smile's plasma light
- Begins with polishing of the teeth
- The gums are protected with gingival barrier
- Light treatment duration is 3 x 7-20 min

Average result: 7 shades

Home whitening kit

- Complete kit for teeth whitening at home
- Buy it at the dental clinic
- The tray is customized for your teeth
- Treatment duration is 7 days
- Save the trays and buy refill gel from the clinic

Average result: 7 shades after one week

What results can be guaranteed?

One treatment with Brilliant Smile is usually sufficient to make your teeth noticeably whiter. Results are however individual and depends on the type and degree of discoloration. In order to get a fair assessment, please make an appointment for a free consultation.

re:fresh

- Simpler version of in-office bleaching
- The gel contains 6% hydrogen peroxide
- The gel is applied in specially designed tray
- Activation with Brilliant Smile's plasma light
- Light treatment duration is 2 x 20 min
- Another 20 min can be added at an extra charge

Average result: 3-5 shades

Whitening strips

- Convenient teeth whitening at home
- Transparent disposable strips, one side coated with hydrogen peroxide gel (6%)
- Attach directly to the teeth, remove after 1-2 h
- Treatment duration is up to 14 days

Average result: 7 shades after two weeks

After the treatment

Where the discolorations used to be, there are after the treatment microscopic cavities, which can easily be refilled with new discolorations. During the first 72 hours after treatment, it is therefore important to:

- Avoid strongly colored drinks, foods and tobacco, as this may compromise the results.
- Avoid acidic foods and drinks, as these can cause hypersensitivity.
- Rinse with fluoride twice daily.

NanoSeal Total+

When whitening your teeth at a clinic, there is an option for those who don't want to avoid staining be-

verages etc. as instructed before. At an extra charge, most clinics offer NanoSeal Total+, a protective seal applied to the teeth after whitening, enabling you to eat and drink anything directly after the treatment. NanoSeal Total+ rebuilds the enamel instantly, and therefore also minimizes potential sensitivity.

How long will the result last?

The discoloration that has been removed by teeth whitening is gone permanently, new discoloration will however accumulate. How long it takes for the teeth to become stained again is highly individual and depends on lifestyle and eating habits. Normally, patients want to repeat the treatment after 1-5 years.

Maintenance

Brilliant Smile's toothpastes and mouthrinse contain active ingredients that dissolve surface stains and prevent new discoloration from attaching to the teeth's surface. All products contain 1450 PPM fluoride, while

none of them contain harmful abrasives. The oral care regimen is perfect for daily use in order to maintain the whitening result for as long as possible, and also to improve your general oral health.



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