

# Teeth Whitening



Enchantment Dental  
1442 A. St. Francis Drive  
Santa Fe, NM 87505  
(505)988-2178

## Bleaching your teeth:

Bleaching your teeth is optional, and can cause sensitivity. The best way to deal with sensitivity is to do it gently. The first stage that I recommend is a professional cleaning to remove stains. Following this treatment I advise Crest white strips to get an initial whitening. Use the white strips for at least four weeks. Following this initial bleaching if you are satisfied with the color, maintain it with a whitening tooth paste and an electric tooth brush. If you wish to get a lighter color following this treatment please return to my office for evaluation; at this time we may choose to fabricate professional bleaching trays and do an in office bleaching treatment . The fee for this treatment is \$300.00 and may lead to two additional shades of whitening.

Deeply stained or misshaped teeth may require additional treatment for an acceptable cosmetic change. These may include veneers, cosmetic bonding, or porcelain crowns. These procedures vary greatly in price and invasiveness. These treatments would need to be evaluated by you and Dr. Kidby before proceeding with any invasive procedure.