



## **TEETH WHITENING Info and Instructions**

NuYu Teeth Whitening is one of the newest, quickest, safest, and most effective over the counter teeth whitening products in the market. NuYu Teeth Whitening is guaranteed to rapidly produce a noticeably brighter and whiter smile for staining caused by coffee, tea, tobacco, and red wine along with some cases of intrinsic staining. NuYu Teeth Whitening is one of the only processes currently available that will give you such dramatic results in a very short time in an easy, convenient process without the prices typically associated with teeth whitening or the pain and sensitivity. NuYu Teeth Whitening pen can be purchased separately to help maintain and improve teeth whiteness when used regularly and as directed.

### **WHAT TO EXPECT**

Most people with healthy teeth and gums will experience no discomfort during the NuYu Teeth Whitening process. If you have any adverse reactions to whitening agents such as carbamide or hydrogen peroxide, or are not sure, please consult your dentist prior to having your teeth whitened. A tingling or slight sensitivity is normal and not harmful to your gums or enamel. Occasionally, gum or lip discomfort is experienced by particularly sensitive individuals. To prevent this, lightly coat the affected areas with Vitamin E. For teeth sensitivity it is best to use a Potassium Nitrate/Fluoride mix such as Sensodyne tooth paste. Following the treatment for those individuals who have sensitive teeth and or gums, it should subside within 24 hours.

### **EXCLUSIONS FOR TREATMENT:**

- Have allergies or reactions to either carbamide, peroxide or glycerin.
- Have existing tooth decay, periodontal disease or gingivitis.
- Are photosensitive to light or on any photosensitive drugs.
- Are pregnant, suspected of being, or are breastfeeding.
- Under the age of 18.
- Have had oral surgery or extractions within the last 28 days.
- Are wearing a piercing or metal object in the oral cavity. (Please remove, as they may turn black)

## **AFTER CARE AND FOLLOW UP**

For a minimum of 24 hours after the process, avoid consuming coffee, tea, dark colored soda, red wine, berries, candy, red sauces, beets, chocolate or any other foods that have a propensity to stain your teeth. A good guideline is, if it stains a white shirt, it will stain your teeth. Of course, brush and floss as directed by your dentist.

There is no definitive answer as to how long the whitening effect will last; this is highly dependent on many individual factors, including the current condition and age of your teeth, diet, alcohol and tobacco consumption, genetics and dental, general and periodontal health. Whitening Specialists onsite will suggest follow up whitening sessions if necessary. The use of whitening pen 3 times after your first whitening treatment has been shown to help blend, brighten, and maintain the smile longer.

### **What should I do/not do to enhance results after a treatment?**

After a whitening procedure, you should refrain from smoking, consuming dark and staining beverages or foods for 24 hours. Using the Whitening Pen 3 times within 24 hours after your session will optimize your results and may lighten your teeth another shade or two. You may also use the Whitening Pen directly after consuming staining products to prevent stains.

### **How white will my teeth get with the NUYU Teeth Whitening system?**

Individual results will vary based on the level of staining you have and your enamel thickness, but most patients typically see two to eight shades of improvement after their first session and an additional one to three shades after their follow-up sessions.

### **How many Teeth Whitening sessions will I need?**

Again, individual results vary due to several factors, but two to four sessions are generally recommended to prevent any relapse of stains. We'll go over exactly how many sessions will benefit you the most during your complimentary consultation.

### **How long will the whitening results last?**

Depending on your lifestyle, your diet, and how well you take care of your teeth, results can last up to two years with proper maintenance.

Follow-up treatments are usually done in 2-4 weeks for optimal results.

**For questions, please contact us at [angie@faceforward.info](mailto:angie@faceforward.info) or 512.766.9396.**