

**A Message from the
American Dental
Association about dentist
prescribed tooth whitening**

“Peroxide-containing whiteners typically come in a gel and are placed in a mouthguard. Usage regimens vary. Some products are used twice a day for 2 weeks, and others are intended for overnight use for 1-4 weeks. If you obtain the bleaching solution from your dentist, he or she can make a custom-fitted tray for you that will fit your teeth precisely. Currently, only dentist-dispensed home-use 10% carbamide peroxide tray-applied gels carry the ADA Seal. The ADA advises patients to consult with their dentists to determine the most appropriate treatment. This is especially important for patients with many fillings, crowns, and extremely dark stains. A thorough oral examination, performed by a licensed dentist, is essential to determine if bleaching is an appropriate course of treatment. The dentist then supervises the use of bleaching agents within the context of a comprehensive, appropriately sequenced treatment plan .”

Dr. Calef is now offering an at-home overnight tooth whitening system to patients after orthodontic treatment (which is one of the most effective times to successfully whiten).

Visit our website at
www.smilesbykaren.com
for more information about our office and links to additional sites. Visit the American Association of Orthodontics and the American Dental Association websites for additional information regarding tooth whitening.

DR. KAREN CALEF

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DR. KAREN CALEF

**TOOTH
WHITENING
VISITS
AFTER BRACES**

*Changing lives ...one smile
at a time...*



860.456.3718

TOOTH WHITENING VISITS (FOLLOWING ORTHODONTICS)

IMMEDIATELY FOLLOWING BRACES
REMOVAL in the morning:

Take Photos, Tooth Shade, and Impressions for custom over-night retainer tray(s), which can also serve as a spare set of temporary retainers

P.M. APPOINTMENT (same day)

Custom-made tray try-in
Instructions & materials
delivered

THIRD APPOINTMENT

2 –3weeks later
Progress review
Take & record tooth shade
Discuss any concerns, needs,
progress, and continuation
Photos if desired shade reached

FOR REFRESHER or TOUCH-UP

APPOINTMENT

CALL WHEN DESIRED
USUALLY IN 1-3 YEARS

CHALLENGING OR DIFFICULT STAINING may necessitate additional progress review visits approximately 8-12 weeks apart for reevaluation, and may require an additional charge.

YOUR WHITENING KIT (FOR BOTH ARCHES)

INCLUDES

- * Custom-made Bleaching Trays (also serves as spare set of retainers)
- * 8 (1.2 ml syringes) w/ tips of Opalescence 10% carbamide peroxide with desensitizing potassium nitrate and fluoride
- * 1 (1.0 oz) Opalescence Toothpaste to be used throughout whitening process
- * 1 (1.2 ML syringe) Ultra-EZ (for tooth sensitivity if needed).
- * Shade guide card
- * Pocket tray case

Please do not hesitate to call at any time during the process if you are experiencing difficulty, have concerns, or need additional materials.

456-3718

SPECIAL DISCOUNT

IF BOTH ARCHES DONE ON DAY
OF BRACES REMOVAL

Inquire at office for fees.

Payment due at that visit

One arch treatment includes 3 visits, fee paid at impression visit, likely not reimbursable by insurance.

Additional Arch treatment (can be done at a later date)

Challenging stains OR Refresher appointments - *fee per Dr.Consult + supplies.*

Replacement Materials may be purchased at the office.

- 4 syringes of Opalescence
- 1 tube of Toothpaste
- 1 syringe of Ultra-EZ

Replacement tray fee

- For a lost, broken or ill-fitting custom tray due to dental work or tooth movement, requires a new impression and making of a new custom tray plus a fitting appointment.

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