

SEPTEMBER 2022

ZERO CAVITY CLUB

A newsletter by Dr.Snehal Hendriques

follow us!



We treat, He cures!

"HAPPY GANESH CHATURTHI"

seeking forgiveness!

"MICHHAMI DUKDAM"



***Page 2-5 : All about whitening
your teeth.***

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Teeth Whitening



This process whitens the natural colour of your teeth, teeth whitening agents breaks down the stains chemically.

How does a dentist whiten your teeth?

A desensitizing toothpaste is prescribed a week before the teeth whitening procedure to reduce post whitening sensitivity.

STEP 1.



SHADE OF YOUR TEETH IS RECORDED

STEP 2.



**GINGIVAL BARRIER PLACED TO PROTECT
YOUR GUMS AND MOUTH.**

STEP 3.



**A PEROXIDE BASED WHITENING GEL IS USED
(PER CYCLE TAKES 8 MINUTES, YOU MIGHT REQUIRE 3 TO 4 CYCLES
DEPENDING ON HOW LIGHT YOU WANT YOUR TEETH)**

STEP 4.



SPECIAL LIGHT TO ACTIVATE THE GEL

STEP 5.



AND THERE YOU HAVE WHITER TEETH

The white diet :

what not to eat after a teeth

whitening procedure?

For 48 hours after a professional teeth whitening, it's recommended that you avoid acidic, pigmented foods and beverages and stick to things that won't cause discoloration. This is commonly called the "White Diet", a short-term diet consisting of white and light-colored foods and drinks.

Foods and Drinks to Avoid After Teeth Whitening

- 1. Wine**
- 2. Coffee & Tea**
- 3. Soft Drinks**
- 4. Candy & Chocolate**
- 5. Dark Fruits**

When can you not whiten your teeth?

You cannot whiten your teeth if
you have:

- **Hypersensitivity.**
- **Large decay or cavities on teeth.**
- **Worn out teeth.**
- **Pregnancy and lactation.**
- **Expectation of porcelain white teeth.**
- **Large fillings on teeth.**
- **Gum disease.**
- **Severely dark teeth.**



case of the month..

YELLOW TO WHITE

Get whiter teeth in just one sitting done by a professional at the dental clinic





They say it, we love it!

I had done root cleaning, bleaching and filling treatment for my front half crack teeth at zero cavity clinic. My teeth was totally damaged and discolored because of root infection but after this treatment, I can't even find out which was my damaged teeth. result is amazing, it was great and painless experience. Dr. Dhruti and Dr. Sanika did a great job. The staff was very friendly and helpful they made me feel like family... would highly recommend to anyone.

VRUSHALI SONAWANE.