

Teeth Whitening FAQ

Thinking about whitening your teeth at **The Cabana in Sanford, NC**? Here are answers to the most common questions so you know exactly what to expect before, during, and after your appointment.

How white will my teeth get?

Results vary by person, but most clients see a smile that is **5 to 14 shades brighter** after a single session. Your starting shade, lifestyle habits, and enamel condition all play a role in your final results.

How long does laser teeth whitening last?

Professional whitening can last **6 months up to 2 years** depending on your diet, oral hygiene, and lifestyle. Limiting frequent coffee, tea, wine, and tobacco use will help extend your results.

Is laser teeth whitening safe?

Yes. We use an **enamel-safe, peroxide-based gel** that is activated with LED light. Your gums and lips are fully protected during treatment. Desensitizing options are available if you are prone to sensitivity.

Will it hurt or cause sensitivity?

Most clients feel little to no discomfort. Some may notice mild sensitivity afterward that usually fades within 24 hours. Our **Desensitizing Gel** add-on helps minimize post-treatment sensitivity.

Can you whiten teeth with crowns, veneers, or fillings?

Yes. Whitening can lift **surface stains** from crowns, veneers, and composite fillings so they return closer to their **original shade**. These materials do not lighten beyond the color they were

made, but whitening refreshes them to look their best. If you plan to replace or add new dental work, whitening first helps your dentist match the shade more precisely.

Can anyone get teeth whitening?

Whitening is safe for most adults and children **ages 10 and up** with parent or guardian consent.

We recommend that **pregnant and breastfeeding clients consult with their healthcare provider before treatment**, especially during the first trimester.

We may delay whitening for:

- Children under 10
- Clients with untreated cavities, active gum disease, or exposed roots

If you've recently had dental work or are prone to sensitivity, let us know during your consultation so we can tailor your session.

How long does a session take?

Most appointments take **60 to 90 minutes**, depending on your whitening option and any add-ons you select.

How do I make my results last longer?

- Avoid dark foods and drinks for 24 to 48 hours after your session
 - Use a straw for stain-causing beverages
 - Keep up with brushing, flossing, and regular cleanings
 - Consider add-ons like our **Temporary Tooth Sealant** or **Take-Home Whitening Pen (StayBright)** for easy maintenance between visits
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Do you offer at-home options?

Yes. We carry a **Professional Whitening Kit (\$55)** and our **StayBright Pen (\$40)**. Both are designed for safe, gentle touch-ups between visits. When used as directed, one pen provides enough product for touch-ups across the year.

How soon before my event should I whiten?

Book your whitening **1 to 2 weeks before a big event** like a wedding, photoshoot, or graduation. This gives time for any sensitivity to settle and ensures your smile looks its best.

Still have questions? Text our **Virtual Assistant at (919) 629-9314** or book your whitening session online today.