

ICON – White spot treatment

ICON is a non-invasive treatment. It removes white spots and early tooth decay from the teeth without any drilling or need to cover the natural teeth.

CAUSES

Decalcification of the enamel, trauma, fluorosis.

Many people think that whitening can help with this condition. However, after whitening, the light spots would only get lighter.

TREATMENT

The treatment works by penetrating the tooth's pores at the site of the white spot using a tooth-coloured resin. A specialised gel is applied to the white spot to open the pores, allowing for deeper resin penetration. Once the resin is applied, it is cured with light, causing the infiltrated white spot to blend in with the surrounding healthy enamel. Additionally, the resin protects against acids that can erode enamel and helps protect the tooth from further decay.

AFTERCARE

- **Avoid staining foods and drinks**

For 24–48 hours, avoid foods and drinks that can stain teeth, such as coffee, tea, red wine, and dark berries. If you can't resist, use a straw to minimize contact with your teeth.

- **Practice good oral hygiene**

Brush and floss twice a day with a soft brush and fluoride toothpaste.

- **Drink water**

Drink plenty of water to rinse out food particles and stimulate saliva production.

- **Attend regular dental checkups**

Schedule regular dental checkups and cleanings to monitor the health of your teeth.

- **Avoid at-home whitening products**

At-home whitening products, such as white strips, could potentially cause white spots to reappear.

LOVE YOUR SMILE

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SENSITIVITY

Tooth sensitivity is a common side effect, but it's usually temporary and resolves on its own within a few days:

Use desensitizing toothpaste and avoid extreme temperatures in food and drinks. You can also try over-the-counter pain relievers.

If the sensitivity persists contact your dentist.

It might take a few sessions to achieve the desired results.