



A COMMON SENSE LOOK AT . . .



Tooth Bleaching

Do you wish you had whiter teeth? Thanks to new materials and technology, you can have a whiter, brighter smile! Ever notice how some people can practically light up a room with their bright, beautiful smiles?

A natural-looking, sparkling white smile can be yours with a safe, painless and effective professional tooth-whitening procedure – and a little help from us!

What Is Tooth Whitening?

Tooth whitening is a bleaching process that reverses discolorations of enamel (the outside layer of tooth structure) to create a whiter, brighter appearance. No natural tooth structure is lost, and no anesthetic is required.

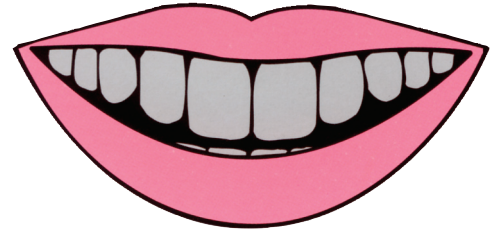
How Do I Know If Tooth Whitening Is for Me?

We're glad to help you determine if you're a good candidate. First, for your safety, we need to check the strength and condition of your teeth through an exam and x-rays.

Then, before recommending tooth whitening for you, we need to diagnose the exact cause of your tooth discoloration.

A number of factors can contribute to discoloration, including:

- Tetracycline (antibiotic) staining
- Excessive fluoride
- Trauma (injury) to the teeth
- Pulp (nerve) degeneration
- Restorative materials (silver, gold)
- Genetic and acquired illnesses
- Aging
- Use of staining substances, such as coffee, tea or tobacco products



What Tooth-Whitening Options Are Available?

Depending upon your unique situation, we may offer one of two different types of tooth-whitening systems: in-office (active) or at home use (passive) under our professional supervision. Sometimes we recommend a combination of both to give you the best results in the least amount of time. Regardless of which type of system is best for you, it's important that you follow our professional recommendations. We want to be sure you receive the best and safest treatment available.

What Happens During In-Office Tooth Whitening?

This procedure is done in a series of appointments (usually three to five) until the desired effect is achieved. During the visits, we take a number of steps:

1. Apply lubricant to your gums.
2. Place a protective material (dental dam) around the necks of your teeth to shield your gums, tongue and lips.
3. Clean your teeth to remove excess lubricant.
4. Apply conditioner to your teeth, then rinse and dry them.
5. Apply the whitening solution to the teeth and leave it on for a period of time.
6. Rinse and polish your teeth.

What Happens During Passive Tooth Whitening?

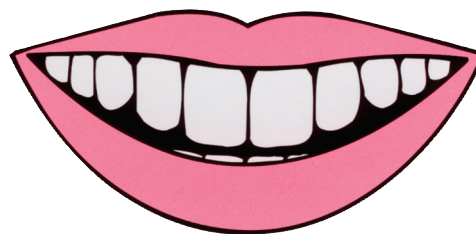
This procedure involves wearing a custom-fitted appliance containing tooth-whitening solution. You must wear this appliance for a period of days or weeks as we prescribe for your situation. In many cases, nighttime application alone is sufficient to achieve the results you desire. When undergoing the passive tooth-whitening program, you must return to the office periodically. These appointments ensure that the whitening system is working effectively and that your teeth and gums remain healthy.

Are Touch-Ups Ever Required?

To stay whiter and brighter, your teeth may require periodic touch ups requiring that you wear your appliance with the whitening solution for a few days to a week. Please call us to discuss your needs and we'll be happy to advise you.

Are There Any Side Affects from Tooth Whitening?

Some patients' teeth exhibit a chalky appearance for a short time, due to a slight dehydration caused by the toothwhitening solution. Occasionally, patients experience mild sensitivity to cold food and beverages for a day or two following the procedure.



A Final Word

Advances in dentistry have made it easier than ever to help you get the whiter, brighter smile you've always wanted. To maintain this bright new appearance, we suggest that you avoid enamel-staining substances such as coffee, tea and tobacco products for several days following the procedure.

If you have any further questions about tooth whitening, please ask us! Those patients in our practice who have undergone cosmetic dental whitening treatment not only have acquired a more pleasing smile, but have experienced enhanced self-esteem and self-confidence. You can, too!

Courtesy of:



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