

FACTS & INFORMATION ABOUT TEETH WHITENING

TEETH WHITENING is not dentistry. It is a cosmetic procedure.

How did my teeth get so yellow/gray?

-Coffee -Tea -Dark Sodas -Smoking -Tetracycline
-Aging process or hereditary stains

Is whitening safe and will it damage my enamel?

Teeth whitening has been performed safely and effectively for years and continue with increased popularity. Significant research has shown that whitening has no adverse effects on teeth/enamel.

How long will the whitening process take?

Everyone reacts differently to teeth whitening and genetics will play a big role with teeth whitening. A lot depends on the type of stains you have. You get your best results the first couple of nights because the plaque or surface stain we have on our teeth comes off the quickest. An average person whitening overnight for about 7-10 nights will probably be where they want to be. You are in control of how white you want to go and everyone wants a different look. When you look in the mirror and are happy is when you stop whitening. With the 4 pack of Opalescence gel, some people only use 2 tubes and some people use all 4. Again it's whatever look you want!

Maintenance: Some people put their trays in once a month and some people once a year. It just depends on your habits. Exp: Do you drink lots of tea? Maybe you want to maintain once a month. You get a very deep long lasting whitening with the tray whitening so an average person will put their trays in 1-2 times every 3-4 months. Again there is no right or wrong way to maintain. It just depends what look you want to maintain.

Decalcification spots: Or "white spots" that occur from too much fluoride or brackets from braces. What happens when you whiten is they pop out at first and then the tooth structure around the tooth will catch up to the "white spots" and they will become less noticeable and blend it, but keep whitening!

Cleaning trays: Just remove them and rinse them under warm water. Dry them with a towel and put them in your case for safe storage since they are clear in appearance.

Crowns, Caps, Veneer, white fillings Tooth whitening (bleaching) gel will only whiten natural teeth. It will NOT bleach (whiten), nor harm bonding, caps, crowns, bridges, fillings or any other artificial dental work. You may have to have the dentistry redone in order to match your new white teeth. Tetracycline (an antibiotic) stained teeth or grayish teeth are more difficult to bleach and have a varied prognosis.

But my crowns are just a couple years old? You want to have trays made to stay in tune with that crown. Or what will happen is that your crown will stay white, but your teeth around the crown will slowly turn yellow gray.

TIP: Always whiten first before any dental work (Crown, Cap, Bonded filling) is done so your dentist can match new dental work to newly whitened teeth.

Sensitivity: This is common while using some products containing peroxide based gels and it is no harmful. In case of increased sensitivity reduce usage time and/or frequency until the sensitivity subsides. The key to avoiding a lot of sensitivity is to **go slow**. Do not start your whitening overnight. Start out for an hour or two, and then slowly try an overnight. Whiten at your OWN pace. Sensitivity will go away once you are done whitening.

Recession: Usually occurs on the gum line due to harder brushing, braces and aging. When you have recession you have NO enamel on that part of your teeth. It is always a good idea to NOT put whitening gel on those areas. You may want your trays trimmed down to avoid sitting too close to the recessed areas.

Whitening Products:

Opalescence gel: Most popular gel sold in dental offices. Great for night time bleaching. Stays active for 6-8 hours. Can also be used for daytime bleaching. Active ingredient is carbamide peroxide. Store in refrigerator when not in use. Shelf life is 2 years. One tube should last 4-5 whitening sessions.

Zoom gel: Made popular by TV show Instant Make-Over. Active ingredient is hydrogen peroxide. This bleach is a fast acting, but causes the most sensitivity. 1 tube is about 6 whitening sessions. Must be used overnight or over 4 hours.

Nitewhite: Can be used day or night. Active ingredient is carbamide peroxide.

Opalescence Toothpaste: Has carbamide peroxide right in the paste. Great for maintaining your white teeth or you can use while whitening. This toothpaste goes a long way so only put a dab on toothbrush.