

# **All About Tooth Whitening**

## **How did my teeth get so yellow?**

\*Over the years, you've experienced a natural buildup of organic pigments on your teeth. Colorized proteins from coffees, teas, and other foods have darkened the natural whiteness of your teeth. The use of tobacco, antibiotics, and certain minerals usually speeds the darkening process.

## **Is whitening safe?**

\*Whitening is gentle and safe when supervised by your dentist. In fact, dentist-supervised whitening has been done for nearly a century, but has increased in popularity in recent years as yellowed teeth are becoming less and less acceptable, both socially and professionally.

## **How long will whitening take?**

\*You will see results right away, usually within two-three days of starting the whitening process. The complete process normally takes 2 weeks, but treatment times will vary depending on the sources, type and depth of discoloration.

## **How does whitening work?**

\*The dentist will first check your teeth and gums to make sure that you begin the treatment in good dental health. Then your dentist will take an impression of your teeth in order to provide you with a custom-fit plastic tray designed to hold the bleaching gel next to your teeth.

## **Is there any discomfort?**

\*There is little, if any. Some patients might feel an increased sensitivity to cold foods during the whitening process, but this sensitivity ends two-three days after treatment is completed.

## **Will whitening damage my teeth?**

\*Not at all. The whitening process will not affect your enamel, tooth structure, bonding or restorations. Whitening acts only molecules that carry the discoloration.

## **How long will it last?**

\*Non-smokers who don't drink coffee or tea often see little or no change over 5 years. But your own long-term results will depend on your habits and the specific foods you eat. Based on those variables, some patients may require a "touch up" treatment at regular intervals.

## **What is the difference between dentist-supervised and the over-the-counter treatments?**

\*There are many differences, starting with the fact that your teeth and your own dental situation are absolutely unique. Which is why the safety of your treatment requires a dentist's evaluation and supervision. You'll also find that custom trays designed by a dentist will fit better and will expel far less bleaching gel than the unsupervised, over-the-counter, one-size-fits-all treatment alternatives.

## **Who can use tooth whitening?**

\*Nearly anyone 9 to 90. If you want to obtain a more confident smile by improving the whiteness of your teeth, talk to us.

## **What if I have more questions?**

\*Just ask. Our office is well experienced in tooth whitening treatments, and we'll be happy to answer any questions you may have about the process or the results.