

Tooth Whitening

What is Tooth Whitening ?

It's a bleaching process that lightens discolorations and removes stains from the enamel and dentin of the teeth. Both Nite White and Day White use a mild solution of hydrogen peroxide or carbamide peroxide retained in a custom filled appliance that is worn over your teeth while you sleep or during the day.

What is a Whitening Tray and How Does It Work ?

It is an inconspicuous appliance that is designed to hold the whitening gel in place and fits comfortably over your teeth. Custom fitted trays optimize whitening success by keeping the gel in contact with the teeth and away from the gingiva.

Why Can Only My Dentist Get My Teeth Their Whitest ?

You can only get Nite White and Day White from your dentist. Prior to beginning treatment, your dentist will examine you to determine whether you have any untreated cavities, tooth decay, or unhealthy teeth. Then, a custom-fitted tray is made by taking an impression of your teeth, which gives you a personalized tray and allows you to achieve optimum results.

Are There Any Side Effects With Tooth Whitening ?

Some patients may experience tooth sensitivity. These symptoms are always temporary and disappear within 1-2 days after interruption or completion of treatment.

How Long Does Tooth Whitening Take ?

Results are usually noticed after the first application, and maximum results generally occur when treatment is continued 7 to 10 days.

What Causes Tooth Discoloration ?

There are many causes. The most common include aging, consumption of staining substances (coffee, teas, colas, tobacco), trauma, tetracycline (antibiotic) staining, excessive fluoride, and nerve degeneration.

Who May Benefit From Tooth Whitening ?

Almost anyone. However there are some cases where the treatment may not be effective. A dentist will determine a viable candidate for the process through a thorough oral examination and diagnosis. Tooth-lightening is ideal for patients who have healthy, unrestored teeth and would like to have a whiter, brighter smile.

Can I Bleach When I'm Pregnant or Lactating ?

To date, there has been no testing done on the effects of using a professional tooth-whitening system while pregnant or lactating. Therefore, we do not recommend that you use Nite White or Day White if you are pregnant or lactating.

Why Aren't My Teeth Whitening Evenly ?

Sometimes the biting edges and the sides of the teeth whiten more quickly than the rest of the teeth. This occurs because your enamel is thinner in these areas and responds faster to the whitening process. As you continue to use Nite White or Day White, the rest of your teeth will catch up and the color will even out.

Is The Process Safe ?

Yes! research and clinical studies indicate that whitening teeth with carbamide peroxide and/or hydrogen peroxide under the supervision of a dentist is safe for teeth and gums. In fact, many dentists consider this whitening process the safest cosmetic procedure available today.

How Long Does Tooth Whitening Last ?

Typical results last several years. Patients can "touch-up" for a few days once or twice a year, especially if the patient continues to use staining substances like coffee, tea, tobacco, or red wine.

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