

TEETH BLEACHING

Teeth bleaching is the process of lightening the color of the teeth using a material that penetrates the outer layer of the teeth. Professional teeth bleaching systems are administered and overseen by dentists and their dental teams.

Frequently Asked Questions

1. What are my options for professional teeth bleaching?

- Professional teeth bleaching can be done in the dental office or with a take home kit. Both of these approaches typically use a peroxide-based bleach solution to bleach your teeth.
- Teeth bleaching done in the dental office involves applying the strong peroxide material to your teeth for a period of time. This bleach solution is removed at the end of the appointment. During the appointment a laser or other light may be used to increase the effect of the in-office bleaching. Regardless of whether the light is used or not, you will leave the office with noticeably lighter teeth.
- Some dental offices prefer to send patients home with professional take home teeth bleaching kits. These include your own custom-made teeth trays, plus a supply of peroxide based bleaching solution. The trays are worn for a period of time each day according to your dentist's instructions. Generally, the take home kit lasts a few weeks during which your teeth become noticeably lighter.



2. What are the advantages of the various teeth bleaching options?

- Professional in office bleaching provides the most immediate results.
- Professional take home bleaching has the most research proving its effectiveness and is less costly than in office bleaching.
- Combined in-office and home bleaching results in a more pronounced color improvement when compared to both techniques used individually.
- Non-professional bleaching systems have more risk of complications [i.e. tooth sensitivity] and are less predictable.



3. What are the disadvantages of the various teeth bleaching systems?

- Professional in office bleaching is the costliest teeth bleaching option. It also usually requires some take home treatment to achieve the most lasting outcome.
- Professional take home bleaching often takes several weeks to produce the desired outcome. The effectiveness of the teeth bleaching depends on your ability to comply with wearing the trays as directed.

4. What are the risks of teeth bleaching?

Some inherent risks exist with any teeth bleaching system. The following factors should be taken into consideration when deciding to bleach your teeth.

- There is a risk that your teeth or gums will become sensitive to the bleach solution and the treatment may need to be discontinued before the desired color is achieved.
- In the most extreme case, teeth bleaching may lead to such a tooth sensitivity that root canal treatment is required in order for the sensitivity to resolve.
- Teeth bleaching will not alter the color of your existing dental restorations. Sometimes dental work must be replaced if you want to match the color of your new lighter teeth.
- Those people with poor dental home care or diets containing foods that stain such as coffee, red wine, tea or berries may find that their teeth become stained again more quickly than expected. Normally teeth bleaching must be repeated periodically to maintain the brightness of your smile.