

# Teeth Whitening (Bleaching)

Cosmetic bleaching is an innovative technology for a better look and whiter teeth. It is the most used procedure in cosmetic dentistry. It gives you a soft natural color, restoring you teeth to the way they were meant to be. It is simple and you'll see the results fast. You may choose to have it as a stand alone procedure or before new restorative procedures. It'll do great. There is no reason not to look your best. You deserve it. It is a simple and safe procedure. You'll rave about the way you look.



Teeth Whitening (Bleaching)

## **Q&A: My teeth are yellow and I'd like to make them whiter but I am concern about bleaching. Will it damage the teeth?**

Bleaching of the teeth is achieved by exposing them to the well-known product - hydrogen peroxide. Hydrogen peroxide is the final product of any bleaching agents regardless of its name and of how this agent is activated: by light, by laser, by heat etc. Higher concentrations (30-33%) are used only in the dental office; lower concentrations (3%-12%) are safe to use at home under dentist's supervision. The free atom of oxygen that breaks away from H<sub>2</sub>O<sub>2</sub> molecule does the job working on the enamel and dentine of the tooth making them lighter. Not all teeth would bleach equally well. Gray shaded or affected by tetracycline teeth are responding very poorly to bleaching and the result may not be what you expect at all. Yellow teeth respond to bleaching the best. The process takes from two to four and more weeks with home bleaching and brings dramatic changes to your appearance. Usually, as time goes by, you may experience some change in the brightness but only slightly. It is recommended to maintain the brightness of bleached teeth by applying the bleaching gel once a month overnight.

You may experience increased sensitivity of the teeth that can be controlled by your dentist. Overall, bleaching teeth under dentist's supervision is a safe and rewarding procedure.

### ***Testimonials***

*"I never thought that I would be one to try and whiten my teeth... after all, it sure seems like a lot of work! But let me tell you... when people comment on how bright your smile is it sure changes your feelings in a heart bit!" —M.G. 43 y.o.*