

# TEETH WHITENING

## Get the facts



Whitening is one of the most popular cosmetic dentistry procedures performed. It is an affordable way to dramatically improve the appearance of your smile in a very short period of time.

### WHAT IS TEETH WHITENING?

Teeth whitening is a simple process.

Whitening products contain one of two tooth bleaches - **hydrogen peroxide** or **carbamide peroxide**.



Tooth enamel contains pores that can hold stains. These bleaches dissolve these stains, which make the color less concentrated and your teeth brighter.

Bleaching procedures can change your natural tooth color, usually anywhere from

# 5-7

**SHADES BRIGHTER**



The degree of whiteness is controlled by the strength of the bleach used and how long it stays in contact with the enamel.

### HOW DO TEETH GET STAINED?

Over time, your teeth can go from white to not-so-bright for a number of reasons:



**Food and Drink:** Coffee, tea and red wine are some major staining culprits. What do they have in common? Intense color pigments called chromogens that attach to the white, outer part of your tooth (enamel).



**Tobacco Use:** Two chemicals found in tobacco create stubborn stains: Tar and nicotine. Tar is naturally dark. Nicotine is colorless until it's mixed with oxygen. Then, it turns into a yellowish, surface-staining substance.



**Age:** Below the hard, white outer shell of your teeth (enamel) is a softer area called dentin. Over time, the outer enamel layer gets thinner with brushing and more of the yellowish dentin shows through.



**Trauma:** If you've been hit in the mouth, your tooth may change color because it reacts to an injury by laying down more dentin, which is a darker layer under the enamel.



**Medications:** Tooth darkening can be a side effect of certain antihistamines, antipsychotics and high blood pressure medications. Chemotherapy and head and neck radiation can also darken teeth.

### WILL ONE TREATMENT LAST FOREVER?

No. Because stains are a natural byproduct of eating, drinking and aging, the whitening process must be repeated from time to time if you want to keep your smile at its optimum brightness. By following a **good hygiene routine and avoiding staining foods and drinks**, you can prolong the effects of your whitening.



After a professional in-office whitening using an at-home whitening kit with custom trays can keep your smile white and stain-free. **This can extend the time before another whitening procedure would be needed.**

### IS TEETH WHITENING SAFE?



Some people's teeth may become sensitive for a little while after using whitening products or there may be some gum irritation. As a precaution, women who are pregnant should wait to have their teeth whitened until after delivery.

**Overuse of whitening products can cause damage** to the enamel of the teeth and to the gums. That's why it is always a good idea to have your whitening procedure done under the **supervision of a professional**.



## At Serene Oaks Dental,

we remove stains – and years – from your smile!

Are you ready for a change?

Call us today for a whitening consultation.

Contact us for more info:

