

Tooth Whitening (“Bleaching”)

Does it work? Am I a good candidate?

Professional whitening systems work by removing stain that has penetrated the outer enamel layer. Most people experience a very noticeable difference after whitening. The ADA recommends a thorough exam to determine the most appropriate whitening treatment. Whiteners may not correct all types of discoloration. Likewise, whitening does not affect the color of existing restorations (fillings and crowns).

How long does it take?

The average person will use the at-home whitening trays or professional strength white-strips for 2 weeks. You can whiten for more or less time to achieve the tooth shade you are comfortable with.

Does it hurt?

Some people have temporary sensitivity to hot and cold while bleaching. This usually occurs during the early stages of bleaching treatment and stops after treatment is completed. If you have sensitive teeth your dentist may recommend using sensitivity formula toothpaste during treatment.

How long does it last?

This depends on your lifestyle. People who drink a lot of coffee, tea, red wine or cola, and people who smoke may need more frequent “touch-ups.” On average, most people choose to do touch-ups once a year. Refill bleaching syringes and additional white-strips are available to purchase for this.

What is the difference between your whitening systems and over-the-counter bleaching kits?

Professionally dispensed whitening products contain a much higher concentration of bleaching material (peroxide) than over-the-counter bleaching systems. This can help you achieve a much more noticeable result than with most over-the-counter systems and usually takes less time. Also the custom bleaching trays that we make for you conform to your teeth and spread the gel evenly to give maximum coverage resulting in more even whitening than most over-the-counter white-strip systems.

Does my insurance cover whitening?

Dental insurance does not cover whitening because it is considered a cosmetic procedure.