

WEIMAR FAMILY DENTISTRY

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“AT HOME” TOOTH WHITENING

FREQUENTLY ASKED QUESTIONS

What is tooth whitening?

It is a bleaching process that lightens discolorations of enamel and dentin. The system uses a mild solution retained in a custom-fitted tray that is worn over your teeth. The structure of the tooth is not changed, only the tooth color is made lighter.

What causes tooth discoloration?

The most common causes include aging, consumption of staining substances (coffee, tea, colas, tobacco), trauma, nerve degeneration and old restorations.

Who may benefit from tooth whitening?

Almost anyone. However, there are some cases where the treatment may not be effective. A dentist can determine if you are a candidate for whitening through an oral examination.

Is the process safe?

Tooth whitening is a well-established procedure in cosmetic dentistry. Research and clinical studies indicate that whitening teeth with carbamide peroxide under the supervision of a dentist is safe for teeth and gums.

How long does it take?

Results are usually seen after the first application. Maximum results generally occur when the process is continued for 10-14 days.

Are there any side effects?

Some patients experience temporary increased tooth sensitivity to cold during the treatment. These symptoms disappear within 1-3 days after interruption or completion of the whitening.

How long do the results last?

The teeth will always be lighter than they once were. However, some patients may need a tooth whitening “touch-up” for 1-2 days, once or twice a year.