

Teeth Whitening



Clarence Street
DENTAL Group

Whitening is a procedure that is designed to lighten the colour of your teeth. When completed properly under the direction of a professional, it should not harm your teeth or gums.

The majority of cases can achieve significant results but **results cannot be guaranteed**. Like any other procedure, whitening has some risks and limitations. Although these risks are not typically serious enough to discourage someone from whitening their teeth, they should be considered when making the decision on whether to proceed with whitening. The criteria that can affect the overall results includes the type of discolouration on your teeth, how you follow the directions, and the overall condition of your teeth.

Most people are candidates for whitening. There are reasons why your teeth may not achieve that "Hollywood" smile. If your teeth have more of a yellowish/brown staining, you will achieve better results than if your teeth are a bluish/gray colouration. If your teeth are stained due to medications, such as tetracycline, they will not usually whiten as well. Teeth that are heavily restored with fillings may be best treated with crowns, veneers, or bonding. Whitening is not recommended for individuals with advanced periodontal disease, open mouth sores, braces, or during pregnancy or breastfeeding. Please discuss this with your dentist prior to proceeding.

Tooth sensitivity is common during the first 24 hours after whitening your teeth. It is usually mild unless you are more prone to tooth sensitivity. If this happens to you, you may want to delay the frequency that you are whitening or reduce the amount of time that you are wearing your whitening trays. If the sensitivity persists after 3 days, you can use a mild pain reliever such as Tylenol or Advil. You can also discuss this with your dentist or hygienist and they may want to apply a desensitizing solution to your teeth.

Whitening may cause irritation to your gums if you are wearing your trays for too long or too much gel is placed in the trays. You can try wearing the trays less at first until your gums become accustomed to the whitening. If the gel is oozing out of the trays, you may be putting too much in the trays or you may need to have your trays adjusted.

If you have been diagnosed with any cavities, they need to be filled prior to you whitening your teeth. If the whitening gel gets inside of the tooth, it could damage the nerve of your tooth. For teeth that have fillings on them, they may need to be replaced after you have reached your desired level of whitening as filling material will not lighten from the whitening gel.

Long term affects of whitening will relapse over time. Diet and habits have an impact on the shade of your teeth, as do age. Periodically wearing your whitening trays will help to prevent this from happening.

When you are ready to begin treatment, call us to schedule an appointment. At the initial appointment, impressions will be taken of your teeth and the shade of your teeth will be recorded. Your whitening trays will be made for you here in our lab and we will schedule you to come back to have your trays fitted and delivered.

