

Level One-Tooth Whitening/Bleaching



We believe that the pursuit of beauty does not have to be expensive. Bleaching is a great entry point to a beautiful smile.

Here are the answers to some common questions

Why have my teeth become discolored?

Most stains are caused by what you eat or drink. Tobacco, coffee, tea, blueberries and red wine are the biggest contributors to staining. Other types of stains include ones from antibiotics such as tetracycline or overexposure to fluoride. If it is determined that the discoloration is not treatable by bleaching, you will be advised to move to Level Two.

How effective are bleaching systems?

Based on clinical studies, 96 percent of patients with the common staining mentioned above experience some lightening effect. Bleaching systems are not fully predictable. If you have a tooth-color filling when your teeth are bleached, the filling will not lighten—dental restorations do not change color when tooth whitener is applied. You might also consider Level Two to whiten fillings if you want a completely lightened smile.

If you want to see how much lighter your teeth will become with bleaching, we recommend that you do your upper teeth first so that you can compare the difference in color to make sure you are getting the results you desire.

Why do you recommend at-home bleaching?

At-home systems are the least expensive way to get great results you want. Procedures done under intense light in dental offices tend to be hundreds of dollars for one session. If you want instant whitening, this might be for you. There are also at-home systems sold on home shopping networks that run into the hundreds of dollars that are light based. Those procedures, in our opinion, are not be anymore effective than at-home bleaching.

At-home procedures consist of bleaching gel and a tray. The bleaching solution, usually a peroxide mixture, is put into in a tray that can be custom fitted for your mouth or you can use a one-size-fits-all tray.

The bleaching solutions may vary in potency and may be worn for an hour each day. Your will be advised on the appropriate type of application and the length of time needed to whiten your teeth, based on the severity of tooth discoloration and your specific needs.

Tell me about custom made trays vs. generic at-home bleaching kits

At-home solutions are by far the most popular whitening option. The first option is to get a custom tray made by a dental professional. For this, an impression is taken to create that perfectly fitted tray. These work well, but we feel that generic trays that mold to your teeth right out of the box, can be just as effective.

The generic kits include moldable trays that you fill with a whitening gel that contains peroxide. You will wear these trays for a couple hours a day to every day during the night for up to four weeks and even longer (depending on the degree of discoloration and desired level of whitening). This system is less expensive than the custom made trays.

Are there any side effects to tooth bleaching?

In some studies, patients have experienced uncomfortable short-term side effects when having their teeth bleached. Hydrogen peroxide can increase temperature sensitivity in the teeth, particularly at higher concentrations, and tray based systems can cause gum irritation.

Still, the general health risks of bleaching systems are minimal as far as your body is concerned and applications are controlled so that you don't swallow hydrogen peroxide.

Tooth whitening is ideal for people who have healthy teeth and gums. Individuals with yellow tones to their teeth respond best, but results have improved for everyone as the bleaching materials have advanced. Some people's teeth are more resistant to bleaching than others, but as a general rule most teeth will lighten.

If you have any other questions, please call or ask me when you visit our office.

To your beautiful smile,

Dr. Mark