



TAYLOR DENTISTRY

Tooth Whitening

We are proud to offer *Opalescence whitening products*. This industry leading product is both safe and has produced excellent results for not only our patients, but for patients across the country.

Teeth become discolored for several reasons. Genetics play a role in tooth color and how quickly tooth enamel and dentin discolor. Discolorations happen naturally with age, which can be accelerated by dark colored food and drink. If you would like to rejuvenate and lighten your smile, whitening may be a great option. Hopefully, the following information will be helpful. If you have any additional questions please ask!

There are several options to whiten your teeth:

1. Over-the-Counter Prefilled Whitening Trays

Products purchased from your local store, such as Crest Whitestrips, can whiten your teeth. Due to the limited strength the whitening gel can have as an over-the-counter product, whitening may take longer than other options and may not be as comfortable. *Toothpastes, mouthrinses, and other dental products that have "whitening" on the label have limited ability to whiten. They are either not in contact with the teeth long enough to provide internal whitening or are designed only to remove surface stains using mild abrasives. These products are helpful after bleaching to prevent surface staining.*

2. Professional Prefilled Whitening Trays

We offer *Opalescence Go* which is a professional strength whitening gel and generic tray combination that cannot be purchased at a store. The tray adapts better than the typical strips purchased at the store. Since the material is already prefilled all you need to do is take them out of the packaging and put them on your teeth. There are no extra steps of loading the gel into the trays and you can whiten at your convenience 'on-the-go'.

3. Professional Custom-Made Trays

In short, custom made trays offer more comfort and faster whitening over the previous two options. Custom trays allow us to use a greater concentration of *Opalescence* whitening gel that cannot be purchased at a store. In addition to the greater concentration of gel, custom trays improve bleaching because they allow the gel to contact the teeth better, which also prevents saliva from washing the gel away. You will receive a thin, comfortable tray that is made to fit the exact size and shape of your teeth. Even better, once you reach your desired whiteness you can keep your tray for future bleaching and additional gel can be purchased at our office at a discount price.



An example of a thin custom tray

4. In-Office Whitening

The in-office option offers an even quicker bleaching result using professional strength gel that can only be placed on the teeth while you are in the office. The gel is placed on the teeth and allowed to remain in place for about 1 hour while you relax in the dental chair and watch T.V. The obvious advantage of the in-office bleaching is that the quick, one-time application results in a whiter smile. However, the disadvantage to the one-time, in-office bleach is the desired shade of white may not be reached. For that reason, Taylor Dentistry includes custom trays and professional home bleach as a supplement to the in-office bleaching to assure you achieve your desired bright smile.

Safety

Tooth whitening is safe in both at-home and in-office procedures as proven by research when used as directed. In fact, bleaching for 6 hours produces less loss in surface hardness and luster of enamel than drinking a carbonated drink in a 2-3 minute period. In addition to the inherent safety of the bleach, we use *Opalescence* whitening gel that has potassium nitrate and fluoride in the gel, which both help reduce sensitivity. Even more importantly, the fluoride in *Opalescence* can help prevent cavities during treatment and promote remineralization of enamel. A normal response to whitening is temporary sensitivity, however it is reversible and the pulp (nerve) remains healthy.

If you are interested in bleaching or have any questions please let us know.

