



### Bleaching or teeth whitening.

Teeth whitening is the process by which the discolorations of the enamel are lightened by the use of peroxide gel (H2O2) which is activated by laser or a high-end UV light. Simple light stains often can be lightened by good brushing. The dentist can give you a good cleaning and polishing to take away bigger stains and calculus. When the stains are more deep and harder to get rid off, your dentist can perform a tooth whitening or bleaching. Also when your natural colour doesn't please you, even after a good dental cleaning, your dentist can make you a radiant white smile.

Teeth whitening is something that many people want, but often through shyness or doubts about the treatment, are afraid to ask about. We understand that a healthy and functional teeth are very important, a major part of our site was meant to help you with that part, but you should also consider the fact that with beautiful and nice teeth, you will appreciate more your teeth and take better care for them.

What you look at when seeing a person is the eyes and the smile ! A beautiful smile gives self-esteem and confidence, you dare to smile a lot, it can give your life a new impulse. Next time you want to look good at a wedding, job application or a date, think once about your smile too.



### Frequently asked questions.



*Is the treatment safe ?*

*Yes. Clinical studies have shown that bleaching with hydrogen peroxide under the supervision of a dentist is safe for teeth and gums.*

*How white will my teeth get ?*

*Usually we can get your teeth up to 5 - 7 shades lighter. We can also show you the result in advance throughout digital imaging.*

*How does tooth whitening work ?*

*The active ingredient (either carbamide or hydrogen peroxide) is broken down by influence off the light beam, allowing oxygen (O) and (HO) to enter the enamel and dentin, causing the stains to be lightened. First the lips and mouth are protected by a rubber dam, than a gel is applied to the gums to protect them, next the bleaching gel is applied, the UV light is applied for 30 minutes, then the gel is renewed and again 30 minutes activated by the light. After 1 hour, the gel is rinsed off and the barrier is taken off. The bleaching process is finished.*

*What causes teeth to discolor ?*

*There are many causes of tooth discoloration. Some of the most common include the consumption of highly colored foods (beetroot, candy etc) and drinks (coffee, sodas, red wine). Antibiotics consumed at an early age, natural aging, smoking and trauma can also add to discoloration.*

*Do all teeth whiten evenly ?*

*There is an overall whitening of all teeth. The biting edges of the teeth are more likely to whiten faster than the areas adjacent to the gum. It should also be noted that in some patients, whitening can result in a frosty, chalky appearance of the teeth, but this usually reverts to a more natural translucent appearance after several weeks.*

*What is the taste ?*

*There is generally no taste.*

*Are there any side effects ?*

*For the majority of patients there are none. However, some will experience temporary sensitivity (dull or sharp) on the teeth. This sensitivity will subside after several hours of stopping the treatment. Abstain from carbonated drinks, citrus foods and beverages to avoid sensitivity a few hours after the treatment. A fluoride treatment can be prescribed by your dentist if a potential for sensitivity exists.*

*Are there any long term side effects ?*

*The active ingredient in the process is hydrogen peroxide which breaks down to water and oxygen. Dentists ave been using hydrogen peroxide for over 50 years to whiten teeth, and there have been no known long term adverse effects if used properly by a professional.*

*How long does the 'In Office' procedure take ?*

*Within about 75 minutes. Usually, you will be able to walk out with the radiant smile you desire.*

*What causes teeth to stain again after bleaching ?*

*The same things that made them stain in the first place, ie general aging, red wine, smoking, tea, coffee, colored foods etc.*

*How often do you have to get your teeth whitened ?*

*Once your teeth are whitened it usually lasts 3 years, however some people prefer to have touch-ups every 12 months.*

*Are my teeth more easily stained now that they have been whitened ?*

*No, the chance of staining your teeth are not increased once they have been whitened with this procedure.*

*Will my crowns, veneers and fillings get whiter ?*

*No, only your natural teeth will whiten.*



### Different Methods ( Office - Home - On the Go)

