

Teeth Whitening – Will It Work For You?

by Scott F. Kenward, DMD

Today there's an increasing demand for dental care that goes beyond the usual cleanings and fillings. The trend today is toward cosmetic dentistry. This is dentistry done simply to make your teeth and smile look better and function more efficiently.

Probably the most frequently performed cosmetic procedure is teeth whitening. This is a simple procedure that, through the use of breakthrough technology, can now be accomplished in the dentist's chair in about an hour.

What Makes Teeth Yellow or Stained?

The most common causes of yellow or dull looking teeth are; normal aging, consumption of coffee, tea, colas, tobacco, the use of antibiotics such as tetracycline, excessive fluoride and nerve degeneration. Oddly enough – and for reasons no one is quite sure of – trauma can also cause the teeth to lose their whiteness.

Safe, Effective and Inexpensive

Teeth whitening has been around for many years. However, earlier versions often included overly strong chemicals that were difficult to handle. In addition, the at-home treatment was often uncomfortable, cumbersome and only partially effective.

Today all that has changed, thanks to BriteSmile Professional Teeth Whitening. Teeth are now whitened by means of a unique, light-activated, gentle bleaching gel in only one short visit. Applied by a dentist, the whitening gel is activated by a patented blue-light – safe for enamel, gums and skin. In about the time it takes to listen to a relaxing CD or watch a favorite TV show, the patient's teeth are comfortably whitened 8 or more shades. Patients can see the immediate results and are given before and after pictures of their smile for sharing with family and friends. And the fee for this state-of-the-art treatment is only about half the cost of a single crown.

Is Teeth Whitening Effective for Everyone?

Everyone's teeth respond differently to teeth whitening, but in almost all cases the results are dramatic. The dental examination by the BriteSmile dentist will determine if you are a good candidate for whitening at the time of your free consultation. The long-term results depend primarily on the individual. Certain habits, such as the use of tobacco products, drinking a lot of coffee, tea and colas can work against the results. Regular professional care can help maintain your natural whiteness for up to 2 years or more.

Celebrity presenters and performers received a BriteSmile gift certificate in this year's Oscar Basket at the Academy Awards. That Hollywood smile can now be yours!

Dr. Kenward is a dentist at 12651 South Dixie Highway in Pinecrest. His focus is on cosmetic and preventive dentistry. For more information call 305-255-7722.