



Tooth Talk

“Hey Doc, my teeth are getting yellow.

I want white teeth!! What are my options?” (Part 3)

In the previous article, we have looked at a few examples of the over-the-counter whitening products. As a general rule, over-the-counter products have a lower concentration of the active peroxide ingredients. Therefore, they do not provide the necessary concentration and the exposure of peroxide to enamel for effective teeth whitening. If consumers want effective teeth whitening, products dispensed by the dental profession would be their best bet. They are more costly but consumers are almost guaranteed a good result!

The most common teeth whitening procedures performed by the dental profession are Custom Trays Bleaching and In-Office whitening.

• **Custom Trays Bleaching:** Moulds are taken on consumers’ teeth and custom-made trays are fabricated by the dental profession. The trays can be worn by the consumers any time during the day or overnight during sleep. Whitening gels are dispensed to the consumers and are applied into the trays. The custom-fitted trays ensure effective whitening gel application over all the teeth. With a higher concentration of the peroxide ingredients in the whitening gel, consumers can expect faster results as compared with the over-the-counter products. Some whitening gels contain desensitizing agents which ensure more comfort during the whitening process.

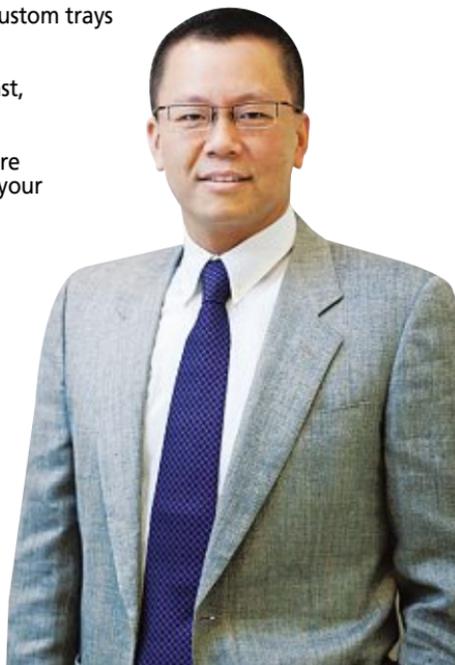
• **In-Office Bleaching:** Although this is often the most expensive teeth whitening option, in-office teeth whitening can deliver spectacular results in a short time! It uses highly concentrated peroxide formulas which, combined with heat and light provided by a light source, accelerate the teeth whitening process. It is the most costly because consumers are paying for chair-time. Sometimes, multiple sessions are necessary to obtain the best result. A potential problem with in-office teeth whitening is teeth pain/sensitivity during treatment due to its aggressive nature. However, measures are usually taken by the dental profession during treatment to ensure comfort for the consumers.

Now that we have pretty much explored all the options for teeth whitening together, how does each consumer choose the right option for himself or herself? The following is my recommendation, based on each consumer’s time and budget:

1. If you have limited fund but are in no hurry to have white teeth, try the over-the-counter products such as the whitening strips.
2. If you can afford more for teeth whitening, try the custom trays bleaching.
3. If money is not an issue and you want white teeth fast, definitely go for the in-office bleaching!!

I sincerely hope that my 3 articles on teeth whitening are informative to all of you the readers. Best of luck with your journey towards a bright, radiant smile!!

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