



Dentistry has the ability to whiten most teeth. This can be accomplished in one of two different ways.

- In Office ["Power Bleaching"](#)
- At home while you sleep

In office "Power Bleaching" is usually a one visit office procedure for most people. The teeth are isolated. A powerful bleaching agent is placed on the teeth. With the use of a computerized light, Oxygen which bleaches the teeth is released. This immediately lightens most teeth.

At Home Bleaching is a completely different procedure. Many consider it a vast improvement over former whitening techniques. It is effective and can be done while you sleep. A chemical gel preparation containing carbamide peroxide is placed on the teeth in a special tray.



*Bleaching
Tray*

Before



After

The Process

During a diagnostic visit impressions of the upper and lower teeth are taken. This allows for the construction of custom gel holding appliances called bleaching trays.

On the second visit, the trays will be fitted and you will be given a special bleaching gel and specific instructions on how to administer it and how often to wear your trays.

Follow the directions carefully and continue to maintain proper oral hygiene through brushing and flossing. Maximum aesthetic results will be obtained in most cases two weeks after following the specified procedure.

Power Bleaching

Power Bleaching is a bleaching process that lightens discoloration's of enamel and dentin. A strong solution is placed directly on the teeth.

A rubber dam is placed over your teeth to protect the gums. A bleaching solution is placed on the teeth. A light that generates a small amount of heat is directed at the teeth. Oxygen from the solution enters the enamel and bleaches the colored substances. The color of the tooth is made lighter.

How long does it take? The process takes approximately one hour. The teeth have the solution applied throughout the course of the appointment. The results are usually seen at the first appointment. Darker stained teeth may require multiple appointments.

Are there any side effects? Some people experience increased tooth sensitivity to cold after treatment. There may be small white patches at the gum line. These symptoms disappear within 1-3 days after stopping or completion of treatment.

How long do the results last? The teeth will be lighter than they were. Some patients may need periodic re-bleaching.