

TOOTH WHITENING: Information You Should Know

Only natural tooth enamel will whiten. If you have existing white fillings, crowns, bridges, etc., they will not whiten. After you finish the whitening process, these will likely need to be replaced to match the new shade of your teeth. If you are planning to have any of these done, the whitening program should be completed first.

Some people will experience tooth sensitivity during the whitening process. This can manifest itself as sensitivity to cold, heat, or pressure. Some people also experience an aching feeling. If your symptoms are minor, do not be alarmed. These symptoms usually disappear within a few days following completion of the whitening process. Your dentist can also provide you with a prescription for a fluoride gel that can be used along with the whitening program to minimize these symptoms. Over-the-counter pain relievers will help with the aching feeling. If your tooth sensitivity is significant, discontinue the program and notify your dentist. He will advise you regarding what should be done.

Another side effect that people sometimes notice is gum sensitivity and/or some whitening of the gums in areas where they touch the crowns of the teeth. This also usually subsides within a few days after completion of the program. If you have any extreme tenderness or sores on the gums, discontinue the program and contact your dentist.

Natural teeth will darken slightly as time passes. This occurs regardless of whether they have been whitened. If you want to "touch up" your whitened teeth in a few years, we have kits available for this purpose.

The tooth whitening system that we provide our patients is one that has been available several years and has been tested and approved by the laboratories of the American Dental Association. We offer carbamide peroxide and hydrogen peroxide solutions. These systems work well for most people. However, there are several factors that influence the degree of whitening that each individual can achieve. These factors make it impossible to accurately predict the degree of whitening for each person. For this reason, Family Dental Center can make no guarantees regarding the results. If you elect to use this whitening process, please be aware that you do so at your own risk and that no refunds will be made should the results fail to meet your expectations.

If you have any other concerns about this whitening process, please discuss them with your dentist before making the decision to proceed.