

## Teeth Whitening FAQ's

Performed by one of our certified whitening technicians, our in-office teeth whitening system uses custom-formulated fresh Hydrogen Peroxide along with our state-of-the-art LED blue light technology to brighten your teeth and enhance your smile. Our Hydrogen Peroxide gel is paraben-free, made in the US, and was brought to our office by Dr. Erica Scheel.

- 1. How does teeth whitening work?** Teeth whitening involves using fresh hydrogen peroxide to break down stains on the enamel and dentin of the teeth. This lightens the color of the teeth and removes discoloration.
- 2. Is teeth whitening safe?** Yes, teeth whitening is generally safe when performed by a dental professional or certified technician. However, overuse or improper application of whitening agents can lead to tooth sensitivity or enamel damage.
- 3. Does teeth whitening cause sensitivity:** Some patients experience temporary tooth sensitivity after whitening due to the exposure of dentin during the whitening process. Sensitivity usually subsides within a few days and can be managed with desensitizing toothpaste or over the counter pain relievers such as Advil, or Tylenol.
- 4. How long do teeth whitening results last?** Whitening results can last anywhere from a few months to a few years, depending on your oral hygiene habits, diet and lifestyle. Avoiding staining foods and drinks (like coffee, tea, and red wine) and maintaining good oral hygiene can help prolong the effects.
- 5. Can anyone undergo teeth whitening?** Teeth whitening is suitable for most adults with healthy teeth and gums. However it is not recommended for:
  - Pregnant or breastfeeding women.
  - Individuals with gum disease, cavities, or worn enamel.
  - People with severe tooth sensitivity
  - Children under the age of 16
- 6. Can whitening damage my enamel?** Professional whitening is unlikely to damage enamel when done properly. Overuse or high concentrations of bleaching agents, especially from unregulated sources, can erode enamel over time.
- 7. How long does an in-office whitening procedure take?** An in-office whitening session typically lasts 60-90 minutes. It often involves multiple applications of the

whitening agent in one visit to achieve the desired results.

- 8. Are there any side effects?** The most common side effect is temporary tooth sensitivity. In rare cases patients may experience gum irritation if the whitening gel comes into contact with the soft tissues.
- 9. How often can I whiten my teeth?** For in-office treatments, it is recommended to wait at least 6 months to a year between treatments. For at-home touch-up kits, follow your dentist's recommendations, which usually involve using the products every few months as needed.
- 10. Is there any discomfort during the whitening process:** Most patients do not experience pain, but some may feel mild tingling or sensitivity during or after the procedure.