



FAQs about Teeth Whitening

Q. What causes tooth discoloration?

A. There are many causes of tooth discoloration. Some of the most common include aging and heavily pigmented food and beverages. More serious causes are excessive fluoride or tetracycline (antibiotic) consumption.

Q. How does teeth whitening work?

A. The active ingredient in the teeth whitening gel is hydrogen peroxide or carbamide peroxide. The peroxide enters the tooth and safely removes stains by bleaching the enamel and dentin.

Q. Who should NOT undergo teeth whitening?

- A. Any of the following:
- Pregnant or lactating women
 - People with poor enamel or decalcification caused by excessive use of fluorides.
 - People with periodontal disease including gingivitis or gums in poor condition
 - People who wear braces
 - People who recently had oral surgery
 - People with decaying teeth or exposed roots
 - People with open cavities
 - People with a history of allergic reactions to peroxide products
 - People under the age of 14

Q. Who may benefit from tooth whitening?

A. Almost everyone. However, there are some cases where treatment may not be effective. Tetracycline (antibiotic) discolorations and artificial dental work are usually not greatly responsive to dental bleaching.

Q. Will teeth whitening work on crowns, veneers and other artificial dental work?

No. Teeth whitening will not work on crowns, veneers or composite fillings. The gel will only whiten natural teeth.

Q. Are there any side effects?

A. The most common side effects from tooth whitening are tooth sensitivity and gum irritation. These symptoms are temporary and should disappear after the whitening treatment.

Q. Is teeth whitening safe?

A. Yes. Decades of research have proven bleaching to be both safe and effective.

Q. How long does the whitening last?

A. This depends on the person's habits and the porosity of the teeth. The results will normally last for 6 months to 2 year. Touch-ups are recommended every 3-6 months, though.