

# Teeth Whitening



Through the use of a custom-made delivery system and the latest in teeth-whitening technology, you can have whiter and brighter teeth.

Teeth whitening is a simple and effective process that lightens discoloration of enamel and dentin. The system uses a peroxide-based gel retained in a custom-fitted appliance that is worn over your teeth. It can be used during the day or while you sleep.



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## WHAT CAUSES TOOTH DISCOLORATION?

There are several causes, the most common being ageing, staining substances (coffee, tea, colas, tobacco), trauma, tetracycline (antibiotic) staining, excessive fluoridē, and nerve degeneration.

## WHO CAN BENEFIT FROM TEETH WHITENING?

Almost everyone with natural teeth! However, there are cases where treatment may not be effective. A Denturist will determine if you are a viable candidate following a thorough examination. The tooth-whitening system is ideal for people who have healthy, unrestored teeth and would like to have a whiter, brighter smile. The whitening process is most effective on mildly discoloured teeth. Darker stains, such as those caused by antibiotics, take longer to respond to treatment. The degree of whiteness will vary from person to person, depending on the structure of the teeth and how long the system is used.

## HOW LONG DOES IT TAKE?

Results are usually seen following the first night. The best results generally occur when the process is continued for 10 to 14 nights.

## HOW LONG DO THE RESULTS LAST?

Teeth will always be lighter than they were. However, some patients may need periodic re-whitening for one or two nights, every four to six months.

For more information or to reach a Denturist near you consult the yellow pages under "Denturists" or contact the Denturist Association of Ontario.



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