

Dear Patient:

This information sheet has been prepared to help you better understand the Dental Tooth Whitening System (Bleaching) that we offer in our office.

Reasons for Tooth Discoloration

- Tooth enamel will darken naturally with age. Exposure to certain foods, beverages, and tobacco products will also promote discoloration. Coffee, teas, and wines can be most responsible for these changes. Over time, these stains become internalized into the enamel and therefore can not simply be cleaned off at home. Professional cleanings will not improve the color changes either.
- Long term use of certain antibiotics prior to age fourteen will also result in tooth discoloration. This is known as tetracycline staining.
- Nerve damage and enamel calcification. Trauma to a tooth can result in internal bleeding within the canal. This will result in staining within the tooth

Are You a Candidate for Bleaching?

To determine if you are a candidate for bleaching, we will first perform a thorough dental exam. Upon completion, we can then discuss our thoughts with you. Stains vary in their response to bleaching. Yellow seems to be most responsive, followed by brown/orange. Stains due to food, beverage and tobacco use tend to see significant changes. Grays and tetracycline stains can be most resistant and results may not be significant.

Please understand that there is no way to predict the results of the bleaching process and therefore, no guarantees can be made.

How Does the Bleaching System Work?

Our system is utilized at your convenience at home using custom bleach trays. A Registered Dental Assistant (RDA) will start by taking an impression or impressions for your custom made trays. You do also have the option of bleaching only your upper arch and using your lower arch to gauge your process. Custom trays will then be made and delivered to you in about a week. Also, at this time, we will match your existing shade to our shade guide to give us a starting shade. The systems requires one hour bleaching sessions daily. The doctor and assistant will go over the instructions with you at this visit in more detail. The bleaching kit that you receive is for approximately two weeks of bleaching process. At your two-week check, a shade comparison will be done to determine your progress.

Thank You

Dr. Cetel & Staff