

## COMMON QUESTIONS ABOUT IN OFFICE WHITENING

### **How Long will this treatment last?**

All teeth, whether they have been whitened or not tend to darken with time. The longevity of professional whitening procedures is dependent on several factors including eating habits, age, and your genetic makeup. Tooth darkening can be caused by poor quality enamel, enamel wear, tetracycline staining, smoking, chewing tobacco, tea, coffee, red wine, cola, certain spices, use of abrasive toothpaste, etc. You may have naturally yellow or grayish teeth because of genetic factors. Just as skin and hair tones vary, so does tooth color. What whitening can do for you is bring you teeth to a much lighter shade. However, it's been reported some patients actually get shades so light that they are off the charts! This means that their teeth are actually lighter than the shade guide dentists use. As a result of these brighter whiter teeth, Vita, the leading manufacturer of shade guides in the dental field, has recently added 3 new lighter shades to their spectrum. Depending on the above-mentioned factors, your teeth will change accordingly.

### **Is this harmful to my teeth in any way?**

In some instances, gum blanching and a slight tingling may occur. In both cases the symptoms will subside shortly after the procedure and will not cause any long-term problems. Whitening products have been subject to a multitude of studies for more than a decade and have been proven time after time to be very safe. The whitening will not compromise the existing structure of your tooth enamel.

### **How long does this procedure take?**

To date, the quickest in-office whitening system available is the Virtuoso Lightening. The high performing Virtuoso light along with its gentle patented whitening gel allow this service to be rendered in 20 minutes from start to finish. This is substantially less than the traditional 2 1/2 hours required for earlier generation systems.

### **Can my child get his or her teeth whitened?**

Whitening products should not be used on individuals less than 14 years of age.

### **What are the contra-indications for this procedure?**

Although there is no evidence to the contrary, due to safety precautions, it is suggested that this procedure not be performed on women who are pregnant or lactating. Other contra-indications are in cases where the patient has known allergy or chemical sensitivity to peroxides or glycols.

### **Will this also lighten the crown on my front tooth?**

Existing crowns, veneers, bridges and white fillings will not respond to whitening. If you are not sure about the current situation of your teeth, please ask! In cases where this presents a problem rest assured that there are wonderful solutions available to cosmetically enhance your smile. We will be glad to discuss your options with you.

### **How should I prepare for this procedure?**

For optimal performance and even absorption of the product it is necessary for teeth to be free of plaque, stain and tartar. This may require you to have a professional cleaning. Your fillings, if any, must be watertight and any tooth sensitivity should be reported in advance. Our knowledgeable staff can advise you in both these matters.