

BAILEY FAMILY DENTAL & BRACES

“HELPING PEOPLE THROUGH DENTISTRY”

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ABOUT DENTAL BLEACHING

Dental “bleach” is 10-36% Carbamide Peroxide (or 4-14% Hydrogen Peroxide). It has been used as an oral antiseptic for decades. It works by removing stained organic material from the inorganic matrix that forms your enamel. It also makes your enamel more opaque, therefore “covering up” the yellow dentin under the enamel. It is FDA approved and has been used to whiten teeth for many years.

Most “bleaches” are the same whether they are our bleach or “Vanna White’s infomercial bleach.” However, make sure it is neutral pH or it will break down any bonded tooth-colored fillings. Also, make sure it is a very thick gel so that it stays on your teeth, does not flow on your gums, and the excess is not easily swallowed.

A huge difference between an over-the-counter bleaching system and our system is the delivery. I worked for years trying different methods until I found the system that we presently use. It has been very successful. This system uses a custom-made, clear, thin plastic “tray” that fits your mouth precisely. This tray is clear and has a “reservoir” that holds a layer of bleach on the areas that need it. It is made to keep bleach off any exposed root areas or your gums.

Another huge difference with professional bleaching is the use of prescription strength fluoride that fortifies the bleached enamel.

Once the tray is made and you follow the directions, you will see results within days. However, not all teeth are good candidates for bleaching. A simple evaluation can determine this. Some people’s teeth stay white for months, and others relapse very fast. Everyone’s teeth will return to their previous shade and need re-bleaching at some point. I don’t want people “habitually” bleaching, therefore, after the initial treatment I recommend one “touch-up” application every one to three months. Also, some teeth are too sensitive for bleaching and become more sensitive due to the process. However, this goes away within hours or days of stopping the process.

We would be glad to give you an estimate for dental bleaching. Your “upkeep” cost for re-bleaching is minimal unless your trays get lost or broken or if you have dental work done that alters the tray’s ability to fit. You would then have to basically start over and have a new tray made.

It is very important to have old, leaking fillings replaced prior to bleaching, and it is important to bleach before replacing any bonding or tooth-colored fillings on front teeth.

Hopefully all this information will help you make a decision. Our bleaching clients have been very happy with their results.

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