

CAN I HAVE WHITER TEETH?

The least damaging and most conservative way of making your teeth whiter is by bleaching. Contrary to what most of us believe, brushing your teeth harder with a more abrasive toothpaste will not make them whiter. It will make them turn darker faster. The intrinsic colour of your teeth or your normal tooth colour is related to the colour and thickness of the enamel and dentin as well as to the types of food you eat. The thinner the enamel, the darker your teeth are in appearance. Your teeth will be darker if the underlying dentin is darker. The more coffee, tea, cola beverages and red wine you drink, the darker your teeth will become. Smoking will also darken your teeth. Cracks that are commonly found in the enamel of your teeth may provide a pathway for fluids to discolour the underlying dentin. Teeth also get darker as you age.

Yellow, brown and orange staining on your teeth can be made whiter by the bleaching procedure. Bleaching works well in removing age related darkening of your teeth. No drilling or anesthesia is required. Your teeth will not become weaker. The mineralization of teeth will vary from person to person so it will take different time periods to achieve a satisfactory colour change for each individual. It will take longer for teeth that are darker in colour. The bleaching will also work to a lesser degree on tetracycline discolorations but it takes more time to achieve good results.

There are two types of bleaching that are available. One is done by the patient at home and the other is done by the dental hygienist or dentist during an office visit. Further information can be obtained on these procedures. The colour change should last for several years. If you drink a significant amount of coffee, tea, cola, red wine or smoke then the teeth may begin to turn darker again. If this happens, the bleaching process can be repeated. Do not expect to turn as white as new fallen snow. Most people do achieve a satisfactory colour change in a short period of time. The possible side effects include temporary white discoloration of the gum tissues if the bleaching solution comes into contact with the gum. This goes away quickly. The teeth may become slightly sensitive to temperature changes during the bleaching process. There are no other long term adverse effects.

The teeth that show when you smile or speak will be shown to you by the dentist or dental hygienist. These are the teeth that would benefit your appearance most if bleached. The top teeth should be bleached because they are much more visible than the bottom teeth but both upper and lower teeth can be bleached successfully. If you wish to be evaluated for tooth bleaching then please speak to the dentist or dental hygienist.

A BRIGHTER SMILE IS ALWAYS IN STYLE!

If you have any further questions please call our office at 905-508-2244.