

TOOTH WHITENING



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FOR
YOUR
INFORMATION



RETURN
TO MENU

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Tooth Whitening

Our teeth constantly change color naturally as we age. There are other factors that increase the color change such as coffee, tea, cola, red wine, and smoking. No matter how much our teeth change, though, we'd all like our smiles to be a little brighter. Now thanks to proven dental products and procedures, we're able to whiten your teeth, restore the brightness, and help you maintain a dazzling smile.

In the past few years, with America's focus on self-improvement and looking good, the popularity of whitening teeth has increased significantly. To match the increasing consumer demand for bright white smiles, manufacturers have produced over-the-counter whitening agents that promise whiter teeth without a lot of time or expense. Additionally, Britesmile™ in-office laser whitening has entered the market with a bang. This process uses a standard prescription strength peroxide to bleach teeth with a laser that "activates" the bleaching agents in one visit to the dentist.

Like many other dentists, however, we don't use Britesmile™ because the results aren't the best and there is no opportunity for maintenance. We also don't suggest over-the-counter products for everyone, because they simply don't get the job done. In fact, none of the whitening toothpastes do anything to change the internal color of your teeth. Their method of action is solely limited to abrasives removing surface stains.

If You Want To Get The Best Results...You're At The Right Place

While the effectiveness of mass market whitening products and Britesmile™ continues to improve, it can't match the whitening treatment we provide: [Research shows that the best results for teeth whitening comes from dental trays filled with peroxide gel administered by dentists.](#)

The thin trays are made of pliable plastic that fit snugly around your teeth so that they can "bathe" the whole tooth with the prescription strength bleaching agent. Best of all, once we fit the trays in your mouth, you can wear them at home for the recommended whitening treatment – and then re-use them one or two times a year to maintain your bright white smile. If you decide you'd like to whiten your teeth, we'll work with you to determine which products and procedures best meet your needs.

Over-The-Counter Products

Recommended for teeth that are not noticeably stained, nor extremely colored, over-the-counter products will improve your tooth shade, though not dramatically.

Rembrandt and Crest both have most of the market share for this treatment option with Crest having the highest customer satisfaction.

Over-the-counter products feature thin membrane trays pre-loaded with gel, a nine percent hydrogen peroxide whitening gel. The membranes hug your teeth to bathe the whole tooth in the gels for 60 minutes per day, with results in less than 10 days. You simply remove these strips from the package, and then press into place. After you wear them for 60 minutes, remove the film and brush your teeth. With these OTC options, there are no impressions, models or lab time required. They're easy to use, but not as effective as the prescription strength version we offer in the office.

Prescription Strength Whitening: The More Aggressive Treatment

Should you decide that your teeth are noticeably stained and require a more aggressive whitening treatment than Treswhite, we will recommend prescription strength whitening. Here, we make custom-fit trays for your teeth in our office and you do the bleaching at home while you're asleep. We provide you with fluoride toothpaste and prescription strength bleach for your trays. The bleach we use is the

only one that is ADA approved – that means it has passed clinical research, dentists have used it extensively, and it has no long-term complications.

Our prescription strength whitening system is simple. We'll have two visits, the first to make models of your teeth and a second to give you the custom made trays and bleach. We'll give you hands on instruction on how to use the system and review the entire procedure. You'll wear the soft trays while you sleep – eight nights is generally enough. You may require less, but very rarely do we ever encounter someone who needs more.

Play By The Rules And Enjoy A Brighter Smile

With each whitening procedure, there are a few important rules to follow that can make the difference in the outcome of your treatment.

1. Avoid coffee, tea, red wine, dark sodas, blueberry pie and red pasta sauce during the time you choose to whiten your teeth. Light-colored versions of these items are acceptable. Caffeinated waters and Diet Mountain Dew are caffeine alternatives.
2. Do not smoke.
3. Bleach at night. You will get better results because your saliva will be decreased.
4. Floss and brush your teeth normally – and be sure to use the special fluoride toothpaste we provide after every application.

We'll work closely with you to determine your specific needs and develop a course of treatment for whitening and maintenance so that you can enjoy a brighter, whiter smile.

Got Questions? Visit drsharifi.com or write to Dr. Sharifi at MNSDDSMS@AOL.COM