

WHAT IS DENTAL BLEACHING?

If your teeth are healthy, dental bleaching is a quick and affordable way to achieve a brighter smile. You can develop a more beautiful, youthful smile by using gel with peroxide, which acts as a whitening agent.

Is bleaching right for me?

Bleaching may be the answer to a brighter smile and it may be part of a more complete approach to improving your appearance. Your prosthodontist will give you the best answer and customize the treatment for your specific needs. With three additional years of training after dental school, prosthodontists have that added experience to design the best smiles. A consultation can determine more specifically how bleaching can help you.

Typical dental bleaching results reveal a noticeable, sometimes dramatic improvement in the whiteness of your teeth. Success depends upon the type of stains, the amount of color change desired and your commitment to the regime. Bleaching does not lighten artificial materials such as fillings or porcelain caps or crowns.

FIND A PROSTHODONTIST TODAY



Prosthodontists are trained in implant, esthetic and reconstructive dentistry. For more information, schedule an appointment with a prosthodontist and/or visit the American College of Prosthodontists at www.prosthodontics.org.

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brighten your smile



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WOULD YOU LIKE A BRIGHTER AND WHITER SMILE?

Dental bleaching may be the answer. Visit a prosthodontist to find the best option for you.

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WHAT ARE MY OPTIONS?

Over the counter

Often available as “whitening strips,” some over-the-counter products may help in lightening but have a limited effect. While no prescription is needed, your prosthodontist can advise you about these products.

At home

You apply a powerful whitening gel to your teeth using a custom-made “tray” that fits precisely. Because the trays are made for your mouth by your prosthodontist, you are assured of proper fit, which reduces gum irritation. At-home bleaching is effective when used as prescribed by your prosthodontist.

In office

If you desire immediate results, you may choose to have your teeth lightened in a dental office. Your prosthodontist may recommend a treatment using a higher concentration of the bleaching agent and may use a special light or laser to speed the process. In as few as one or two visits, you can achieve the significant brightening results you desire.



HOW ELSE CAN I IMPROVE MY SMILE?

Prosthodontists, recognized by the American Dental Association as the specialists in the esthetic restoration of teeth, are the original cosmetic dentists. They can help you decide if dental bleaching is your best choice of treatment. Some alternatives may include dental bonding, porcelain veneers or porcelain caps or crowns.

What are the long-term results?

The effects of dental bleaching may last for a long time before additional treatment is needed, but it depends on your personal habits. Smoking or drinking red wine, coffee or tea may cause teeth to darken earlier. With your prosthodontist's care, you may touch up your teeth with periodic use of a bleaching tray.

Is bleaching dangerous or painful?

Bleaching is a relatively safe procedure, but it is not recommended for pregnant or lactating women. Some patients report mild discomfort of the gums or tooth sensitivity immediately after the procedure. If you bleach at home and experience these symptoms, discontinue bleaching for a day or two until the discomfort goes away. If sensitivity follows the in-office procedure, it will generally go away within a week.

