



John K. Argeros, D.M.D
Donald E. Plourde, D.M.D
and Associates

Contemporary Dentistry and Implantology

Tooth Whitening: "The Future Looks Bright"

Patient interest in tooth whitening products and procedures has increased dramatically over the past few years. A greater concern over appearance as well as advancements in product development has increased tooth whitening's popularity.

As a result of the aging process our teeth darken and become yellow. The enamel becomes thinner and the underlying dentin which shows through is yellow-orange in color. Over the years, the enamel surface also picks up the deep stains of coffee, tea and tobacco that we ingest. Even the coarsest prophylaxis paste cannot remove these imbedded stains. Professionally dispensed, home use whitening products contain carbamide peroxide as their active ingredient. Whitening occurs through oxidation of the molecules that carry the discoloration.

Professionally dispensed and supervised "at home" systems are safe and effective. The American Dental Association's seal of acceptance has been granted to products that have demonstrated safety and efficacy, based on two double blind clinical studies. The products used in our office have this seal of acceptance.

After a complete oral exam and prophylaxis is performed, current tooth color is recorded to provide a baseline for the bleaching process. Impressions are taken and the personalized mouthguards are fabricated. At the mouthguard try-in appointment, complete instructions and the bleaching gel is given. The greatest whitening effect can be seen in 2-3 weeks or can take up to 6 weeks until desired results are achieved. After the bleaching process has begun, there are 2 follow-up appointments in which we monitor your progress. Any symptoms you may be experiencing are alleviated by adjusting your course of treatment.

Although adverse reactions are few, there have been reports of increased tooth sensitivity or gum irritation. All side effects resolve after treatment is temporarily interrupted or is completed.

If this process interests you, please ask one of our team members for more information.

Submitted by:
Lynne Wholley, R.D.H.

Sincerely,
Drs. Argeros, Plourde & Staff