

TOOTH WHITENING

Presented by Dr. Randall LaFrom
(408) 996-8595

AT HOME BLEACHING USING THIN CUSTOM FITTED TRAYS

Our dental office can fabricate a custom fitted appliance that is worn over your teeth. A small amount of the 10% or 15% carbamide peroxide gel is placed in the tray and worn for a couple hours each day. This technique is good for patients with healthy teeth desiring a whiter smile.



Professional At Home Bleaching Techniques

The professional **at home bleaching technique** is probably the most common technique due to its ease of use and lower cost. Impressions are taken of the patient's mouth and a thin custom made plastic splint is made which the patient takes home and wears for about one to two hours per day. Although some results may be seen in a couple days, it typically takes one to two weeks to see more permanent whitening occur.

This technique is sometimes used in conjunction with the in office power bleaching when there are severe discoloration (dark grey or purple) or internal staining. This works best with patients who have stains from coffee, smoking, aging or heredity (typically the yellow, brown and orange discolorations). The carbamide peroxide gel is broken down into hydrogen peroxide and the oxygenating agents break up the deposits and the oxygen enters the minute porosities in the enamel and dentin and bleaches the colored substances inside the tooth. The fee for this procedure is \$325.

THESE ARE THE STEPS INVOLVED IN HOME BLEACHING:

Photos Courtesy of Discus Dental



After the dentist does an examination of your mouth, impressions are taken of the upper and lower arches and poured up in a plaster stone. An initial shade is taken to identify the results of the process.



The plaster models are then coated with a spacer material and then the custom fitted trays are fabricated from a thin plastic material. These trays will allow room for the material to rest in the space in front of the teeth.



The trays are delivered to the patient and a demonstration of where and how much bleaching gel to put in the tray is given. The syringes holding the bleaching material should be stored in a refrigerator.



The patient takes the trays home and wears them for approximately 1-2 hours per day (or at night). It is best to be sure to brush and floss before placing the trays in your mouth. After 2 weeks, the shade is rechecked.

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