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Custom Teeth Whitening Explained by Manhattan Beach Cosmetic Dentist by Armandina Bullfish

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Tooth whitening (or bleaching) is a simple dental treatment is an easy way to enhance the beauty of your smile by brightening natural tooth enamel.

There are many tooth whitening options available today for cosmetic dentists so you and your dentist can choose the treatment that will work best for you. Remember that tooth whitening only works on natural tooth enamel so it is important for you to work with your dentist to evaluate replacement of any old fillings, crowns, etc. At Cosmetic Dentist Manhattan Beach, California these restorations are replaced only after bleaching so they will match the newly bleached teeth.

Keep in mind that any bleaching or tooth whitening treatment is not permanent. Depending on your individual lifestyle and/or habits of consuming stain-producing products like tobacco, coffee, tea or wine, you may need a touch-up at least every several years.

Reasons for tooth whitening:

Normal wear of outer tooth enamel

Teeth stained due to medications (tetracycline, etc.)

Teeth that are yellow or have brown stains

Fluorosis (excessive fluoridation during tooth development)

How is custom tooth whitening done

The most effective and most long-lasting results are obtained when custom tooth whitening is done by your dentist. Custom tooth whitening usually requires two visits to your Manhattan Beach Cosmetic Dentistry office. During your first appointment, impressions (molds) are made of your teeth and these impressions will be used to create clear custom plastic trays.

At your second appointment, the custom trays will be adjusted to ensure a proper fit. An advantage to custom tooth whitening is that your dental professional ensures that the trays fit properly and that sensitive gum tissue is not exposed to the bleaching agent.

You will be given take-home trays to wear with the special whitening solution provided by your dentist. The length of time needed and the frequency that the trays should be worn depends on the degree of staining and desired level of whitening, and your dentist will advise you on those details. You may experience some increased tooth sensitivity as a normal side effect during the whitening process, but this sensation will subside shortly after you have stopped bleaching.

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