



## Teeth Whitening (In Office)



### Overview

If you aren't happy with the color of your teeth, you may want to have your dentist whiten them. Teeth whitening (we also call it "bleaching") is safe and effective. It can give you a much more brilliant smile.

### Traditional whitening

The most common type of whitening is done with a gel that contains hydrogen peroxide or carbamide peroxide. It's put into trays, and these trays are put on your teeth. The gel breaks up stains on the surface and helps brighten deeper discoloration. It can get your teeth several shades whiter.

### Light-activated whitening

Your dentist may also offer light-activated whitening. That's done with a gel that's activated by a special light that is shined onto your teeth. It can give fast results.

### Sensitivity

For some people, whitening causes tooth sensitivity. Whitening agents can irritate the nerves in your teeth. This sensitivity usually goes away on its own. If a whitening product is making your teeth sensitive, you may need to take a break from whitening. There are also special toothpastes that can help reduce sensitivity.

### Conclusion

For more information about teeth whitening, or to schedule a professional whitening session, talk to your dentist.

