

Teeth Whitening



Your smile is one of the first things people notice about you. It is one of your most valuable assets. That is why it is important to give it the best care and preserve it for years to come. The following information will help you understand the differences between products you see for sale over-the-counter and the professional whitening products that we offer.

TAKE-HOME CUSTOM TRAYS WITH GEL (BEST LONG-TERM RESULTS)

This technique uses custom trays at home. Compared to the “paint on” or “stick on” products, this technique is faster and produces better overall whitening results. The trays are worn for one to two hours during the day or night (*studies show most of the whitening activity occurs during the first hour the gel is applied*). Treating one arch at a time is recommended so you can easily measure the results. The average length of treatment time is 7 days per arch.

Fee: \$275 - includes custom whitening trays, case and 8 tubes of whitening gel.

Your custom trays may be used for future “touch up” whitening as desired.

The brand of whitening solution we recommend is Opalescence. This is the only chemically neutral whitening solution. It does not affect tooth enamel like the more acidic products. This slower whitening technique has been shown to have better long-term results than the rapid, in-office whitening procedures like Zoom.

TAKE-HOME OPALESCENCE TRESWHITE TRAYS

This tray system works similar to the Crest strips but may be preferred because it is somewhat shaped like the custom tray system and fits around the teeth better than the strips. This product is only available through your dentist. These trays are worn on both upper and lower teeth for 30-40 minutes once a day for 10 days. This system works well for doing a minimal amount of whitening.

Fee: \$62 for 10 or \$35 for 5

TAKE-HOME CREST SUPREME WHITENING STRIPS (PROFESSIONAL STRENGTH)

Hydrogen peroxide has been used for many years to whiten teeth. Compared to the paint-on or stick-on products available over-the-counter, this product is available only through your dentist. It is the best whitening system that Crest offers. Supreme Whitening Strips have a higher concentration of hydrogen peroxide for faster, improved whitening. Tooth coverage is limited to 6-8 teeth per arch. For best results, the strips should be worn on both upper and lower teeth for 30 minutes once a day for an average of 21 days. This solution is slightly acidic and can affect tooth enamel with overuse.

Fee: \$62 - includes 42 day strip supply

Certain types of internal tooth discoloration, like Tetracycline discoloration, can involve an extended whitening schedule.

While all of the above techniques are highly effective, whitening does not produce miracles. All patients will experience some degree of whitening on natural teeth, however the amount of whitening is not predictable. A brief “touch up” procedure may be desired every year. Additional whitening strips, trays or tubes of whitening gel are available for purchase in our office as needed.