

INSTRUCTIONS: TEETH WHITENING

Many patients have asked about whitening their teeth by using one of several bleaching techniques currently available. Here are a few facts about bleaching for your information:

- Bleaching is usually not recommended for patients under the age of 16 years.
- Due to the nature of how teeth grow and develop, bleaching may cause excess sensitivity and potential harm in young patients.

The most traditional bleaching technique involves the use of custom-made trays that fit your mouth. Your general dentist, who is highly qualified to create accurate molds of your teeth for maximum safety and effectiveness, should make these trays. Peroxide is used as the bleaching material. It has been proven effective for tooth bleaching.

Materials recommended by your dentist have been certified safe and effective. Other whitening products available at stores or on TV may not be.