

# Teeth Whitening FAQ



## Teeth Whitening FAQ

### **Does it work?**

Yes!

The literature shows 95% of people respond to bleaching. There are very few types of enamel that do not respond at all to whitening treatment. Your dentist will assess your teeth and let you know if they think there may be a problem before you begin any treatment.

### **Can you tell me what shade I will be after bleaching?**

No.

It is generally accepted in the literature that individual teeth have an inherent lightness potential (ILP) beyond which they do not lighten despite further bleaching. It is currently impossible to predict the ILP from looking at the teeth. The good news though is that it is generally pretty light!

### **Will my fillings and crowns lighten as well?**

No!

This can be an issue if you have lots of fillings or crowns or veneers on your front teeth. They will not lighten so may have to be replaced if the rest of your teeth lighten substantially. This will add further costs. This will be discussed by your dentist if an issue.

### **Do you offer a guarantee?**

Sort of..

As mentioned above we cannot know the inherent lightness potential (ILP) of your teeth just by looking at them. If your teeth do lighten but they do not get to the result you want despite continued bleaching it may be your expectation is lighter than the ILP of your teeth.

In this scenario the only way you are likely to achieve the look you are after is to have porcelain veneers placed on the teeth. This allows us to pick very precisely and predictably the shade. If you proceed to have veneers placed we will, as a gesture of goodwill, reduce the cost of the veneers by the amount you have already spent on bleaching.

## **How long will it take to get a result?**

Good question!

Whilst it can be reliably predicted teeth will lighten the rate at which they lighten varies. Some people's teeth are more resistant to bleaching and will take longer to reach the same shade than others. It is currently impossible to tell which teeth will lighten at what rate. The literature seems to suggest 1-2 weeks of overnight tray bleaching generally produces a result acceptable to most people. However some more resistant teeth can take 4-8 weeks.

## **How long will it last?**

Whilst it is impossible to predict exactly how long the lightening will last in individual cases statistically it has been shown teeth rarely regress to the original shade though they may fade over time. As a rough rule of thumb you should expect to have to redo in 1-3 years. However, if you don't lose your trays, you only have to buy the bleach next time!

## **Does it damage my enamel?**

No.

There have been a large number of independent scientific studies on this subject and the accepted consensus is that bleaching does not have any detrimental effect on enamel micro-hardness.

## **Will it kill the nerves in my teeth?**

No.

Numerous scientific studies have shown bleaching does cause an inflammatory reaction in the nerves of teeth but that reaction is usually mild and is reversible. The higher the concentration of the peroxide the more likely you are to experience symptoms.

## **Is tray bleaching or in-chair bleaching better?**

This depends on your personal requirements and preferences. Tray bleaching is more predictable, controllable and cheaper. In-chair bleaching is faster, more convenient but more expensive. Please see our other information sheet describing the pros and cons of each method.

For an even more exhaustive FAQ's list please visit

<http://www.vanhaywood.com/articles/pdf/CE%201-Haywood.pdf>

