





# Whitening Options



We're excited for your interest in brightening your teeth. Dr. Argersinger has experienced firsthand the difference a whiter smile can make in the way a person feels. This handout describes what to expect with different whitening products. Common to all whitening products is 'peroxide'. All forms of whitening agents contain either carbamide peroxide or hydrogen peroxide. What differs are the concentrations. Higher concentration treatments work faster but require clinical supervision and management. Lower concentrations work slower but can ultimately achieve a satisfactory result.

**What does Dr. Bill recommend? Our recommendation for optimal results: BOOST In-Office & Take-Home Trays.**

## Descriptions of popular tooth whitening products

PRODUCT	OVERVIEW
<p>Whitening Toothpaste</p> 	<p>Most whitening toothpastes 'whiten' the teeth by removing surface stains. They achieve this with mild abrasives. Some contain non-abrasive active ingredients as well as substances that limit future staining. In our experience these toothpastes don't whiten your teeth enough to satisfy most patients.</p>
<p>Crest White Strips™</p> 	<p>Effective and popular, Whitestrips™ rely on various concentrations of peroxide to lighten teeth. They are sticky strips that stick to the teeth and patients wear them for a few hours daily for 7 to 21 days. Many people achieve good results with Whitestrips, but it can take numerous repeat treatments. Patients complain that these are difficult to put on, can be messy, and limit what one can do while wearing the Whitestrips. They do work, it just takes a long time relatively.</p>
<p>Custom trays (take home)</p> 	<p>Take-home trays are very popular and effective. Patients put higher concentration peroxide gels inside the trays and then wear the trays for several hours per day (or overnight). After a week or so, the teeth are generally much brighter. These trays will fit your teeth for years. Only exception is if you have substantial dental work done AFTER the trays are customized for you. This option alone is a great option for many patients. All patients are good candidates for this treatment. Some patients complain of sensitivity or gum irritation with this style of whitening. Most patients do fine and most sensitivity can be controlled with shortening the time the patient wears the trays.</p>
<p>Boost™ In-Office Whitening</p> 	<p>Boost whitening is just what it sounds like: A boost! We use high concentration whitening agents on your natural teeth and the agents work rapidly (1 to 1 ½ hours) to achieve dramatic whitening. Gingival irritation is not much of a problem during this treatment because we isolate the gums and soft tissues and focus the peroxide agents just on the teeth. This treatment is completed in our treatment rooms under the professional supervision of Dr. Argersinger and his team.</p>
<p>Boost™ In-Office Whitening (WITH take home trays)</p>	<p>The best option for the <b>best results is to BOOST and to use the take-home tray system.</b> You achieve immediate results and you can continue to touch up your teeth over time and MAINTAIN their brightness.</p>

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Other whitening treatments:

## White Spot Blending

Many patients have mottled enamel or a chalky hue to the shade of their teeth. A combo approach is used to help these patients improve esthetics and the treatment is called 'enamel microabrasion'. This treatment involves blending the white spots into the surrounding tooth structure over multiple appointments using special blending agents. These treatments require no anesthesia / numbing.



Dr. Bill will let you know if you are a good candidate for this treatment as this treatment is limited in who can benefit from it.

## White Spot Removal

Sometimes white spot blending by itself is not enough as the lesions can be too deep. In such cases, the resistant white spots are addressed with a minor filling and perfectly matched to the tooth shade. These fillings require no anesthesia / numbing.



***Excellent and up-to-date information about dental tooth whitening can be found here:***

<http://www.webmd.com/oral-health/healthy-teeth-10/teeth-whitening-safety>

<http://www.opalescence.com/healthbenefits.php>

<http://www.mouthhealthy.org/en/az-topics/w/whitening.aspx> (American Dental Association)

Dr. Bill Argersinger is a member of North Carolina Dental Society, the American Dental Association, and is a clinical consultant for a leading dental publication called "The Dental Advisor"™ magazine.

