At-HomeWhitening

Over time, your teeth darken as minerals penetrate their outer enamel layer. This darkening can be caused by foods and beverages that stain, such as coffee, colas, tea, red wine, or berries. Tobacco products, like cigarettes, cigars, and chewing tobacco, can cause teeth to take on a yellowish brown hue. And the natural aging process can also cause your teeth to darken.

We can prescribe a home whitening system that will safely lighten these stains, giving you a whiter, brighter smile. A specially formulated whitening gel, designed to be highly effective, yet safe, gently forces oxygen through the enamel of your teeth. The process virtually erases stains and brightens your teeth, without damaging your tooth enamel or your gums.

Designing your whitening system

First, we thoroughly examine your teeth and your mouth to make sure at-home whitening is an appropriate option for you. We then take impressions of your teeth, and use the impressions to make models of your teeth. Using these models, we make a personalized whitening tray that fits tightly over your teeth, allowing us to achieve optimum results.



The specially formulated bleaching gel



Custom designed tray fits over teeth

At home, you'll fill the tray with the whitening gel and place the tray over your teeth, keeping it in place for several hours each day. You can wear the whitening trays while you sleep, or if you prefer, you can wear them as you go about your day. Typically, you'll begin to see results in two to three weeks.

We'll monitor your progress on a regular basis, ensuring that your gums aren't becoming irritated and your teeth are whitening as desired. When the process is complete, your smile will be noticeably whiter and brighter.

Maintaining your new whiter smile

Let us know if you experience some sensitivity during or following the whitening process. This is normal, and should subside shortly. We can suggest toothpaste that will alleviate the sensitivity.

Avoid foods and beverages that stain, like coffee, cola, tea, berries and red wine, or brush or rinse with water after consuming them.

See us periodically for touch-ups to remove new stains.

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