



“The Tooth and Nothing but The Tooth”

by
Chris ‘Dr. Smile Maker’
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Life Changing Dentistry – Tooth Whitening

Hello again, how are you doing? I hope all is well. Is the winter over? Is it safe to put the thick jackets away yet? I’m not sure. One of the great things about the snow we have had this year is the different appearance of the landscape that surrounds us. I love it in the East Riding and the last time it snowed prior to writing this I took the opportunity to nip up to Beverley Westwood to take a few photos. In no time at all I had some new pictures for work. I’m no David Bailey but I’m really pleased with them. What do you think about my favourite?

Beverley Westwood - footprints in the snow, Obviously I had a little tinker with the colour scheme

From A Whitening Of The Landscape Back To Tooth Whitening

Do you see what I did there? Power whitening is different to the professional tray whitening that I described last time. You do the tray



whitening at home either during the day or while you are asleep. With power whitening it is done by your dentist. There have been several ways to do it. Some involve lights, some lasers, heat, trays or no trays. In the majority of cases it uses the same or similar ingredients as the professional tray whitening but at a higher concentration.

This is why it needs to be professionally done in a very controlled manner. There is always controversy as to which way is best. Certainly a number of expert dentists that I have been to see speak at courses and conferences at least question the need for lights. The power whitening that uses a light with the whitening gel is said to activate a special photo initiator catalyst within the gel to give a speedy result. Some say that the light just warms up the gel to speed up the reaction.

The obvious benefit of this technique is that it takes less time and requires a lot less input from yourself, i.e. you do not have to be bothered to do it. The drawback is the one off session. You may not get the result that you want in that one session. I mentioned last time that not all teeth have the same susceptibility to whitening and may take longer than others. Also, more rapid whitening may not be as stable a result. Therefore a good idea is to have the professional tray whitening to top up at home both in the short term and long term.

How Much Whiter Do You Want?

For those of you who want your teeth a lot whiter than you have now either because your teeth are really quite dark or you are off to a fancy dress party as Simon Cowell then there is an intense whitening technique. This involves professional, home performed, tooth whitening for the first week or so and then a power whitening session by your dentist. The whitening process picks up momentum with the tray at home then WHAM! Of course you have the tray to top up when you want. This is a really good technique and works superbly well. You will be in the dental chair for 30-60 minutes during the power whitening phase.

Are You A Sensitive Soul?

I mentioned last time that tooth whitening can give transient tooth sensitivity. As the power whitening is a more intense process it can give a more intense transient sensitive, if you are that way inclined. However, this can be managed with a desensitiser in the whitening tray. If you have sensitivity before you start whitening it would be worth treating this before you start. Do not forget that dental restorations (fillings, crowns and bridges) will not be whitened. If you want these whiter they will need replacing.

I have some great news from the touchline. My daughter’s under 12’s football team won their first game. Hooray!!! They were all really chuffed and I don’t blame them. It was only a friendly but against a team in the league above. Well done to the girls and coaches. Onwards and upwards. I missed the game this week as I was at a re-union. Typical.

Until next time. Take care and be good.

Chris

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