

Professional Tooth Whitening Systems

How does it work?

Bleaching is a way to lighten teeth quickly and inexpensively without bonding plastic or porcelain material to the teeth, or removing any sound tooth structure. In this respect, it's one of the most conservative cosmetic procedures we have. Whitening gel usually contains carbamide peroxide, which is the active whitening agent. This then breaks down into oxygen that in turn lightens your teeth. While the gel will not change the structure of your teeth, it will make your teeth appear brighter and whiter. Professional whitening systems are much safer than some of the abrasive toothpastes on the market.

How long does it last?

The expected length of whitening can last for several years, depending on the method you choose. This also depends on the exposure of the teeth to staining agents, such as coffee, tobacco, tea and dark soft drinks. To help prevent staining after whitening regular maintenance is required, such as brushing and flossing to help remove these stains from your mouth. Results can vary depending on prior tooth conditions; you may wish to consult with Dr. Amie Rockow-Nelson, DDS.

Are there different types of whitening systems available?

We currently offer 3 different types of tooth whitening systems.

Crest White Strips

- Are small, flexible, disposable and inexpensive whitening strips
- Are used twice daily for 30 minutes each
- Will whiten your teeth up to 4 shades
- Comes with 21 days of application
- Only cover front 6-8 teeth
- Require consistent use at home
- Users have reported difficulty keeping strips adhered to teeth due to saliva

At Home Bleaching Trays

- Are custom made mouthpieces
- Are used 1 time daily for about 2 hours
- Take about 2 weeks of treatment
- Will whiten your teeth about 6 shades
- Cover all of your teeth
- Require consistent use at home

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- Is an in-office procedure that takes about 2 hours from start to finish
- Whitening will last for years if it is maintained
- Whitens teeth up to and over 8 shades
- Does not require trays or strips
- Does not burn or discolor your gums from being exposed to bleach
- Is the safest and most effective whitening treatment, because we do all the work for you