



A GUIDE TO A WHITER SMILE

MAKE YOUR SMILE SPARKLE WITH
AT-HOME OR IN-OFFICE TREATMENTS

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INTRODUCTION

Make your smile sparkle with at-home or in office treatments. From its ability to rejuvenate a smile to its instant results, teeth whitening is a popular treatment for a good reason.

- The level of white you can achieve may be limited by both genetics and lifestyle factors.
- Professional whitening can be significantly more effective than over the counter products.
- The ingredients in whiteners at the dentist's office are of the highest concentration and are more efficient in changing the color of the teeth.



WHY DISCOLORING HAPPENS?

Just like your skin, face and body, the smile can age with time. But, certain factors, especially discolored, yellow or brown stains can instantly add years to your appearance.

Teeth darken with age because they absorb color from foods and drinks.



HOW TO PREVENT IT

Some factors that discolor the smile are unavoidable; others, particularly smoking and what you eat and drink can be avoided.

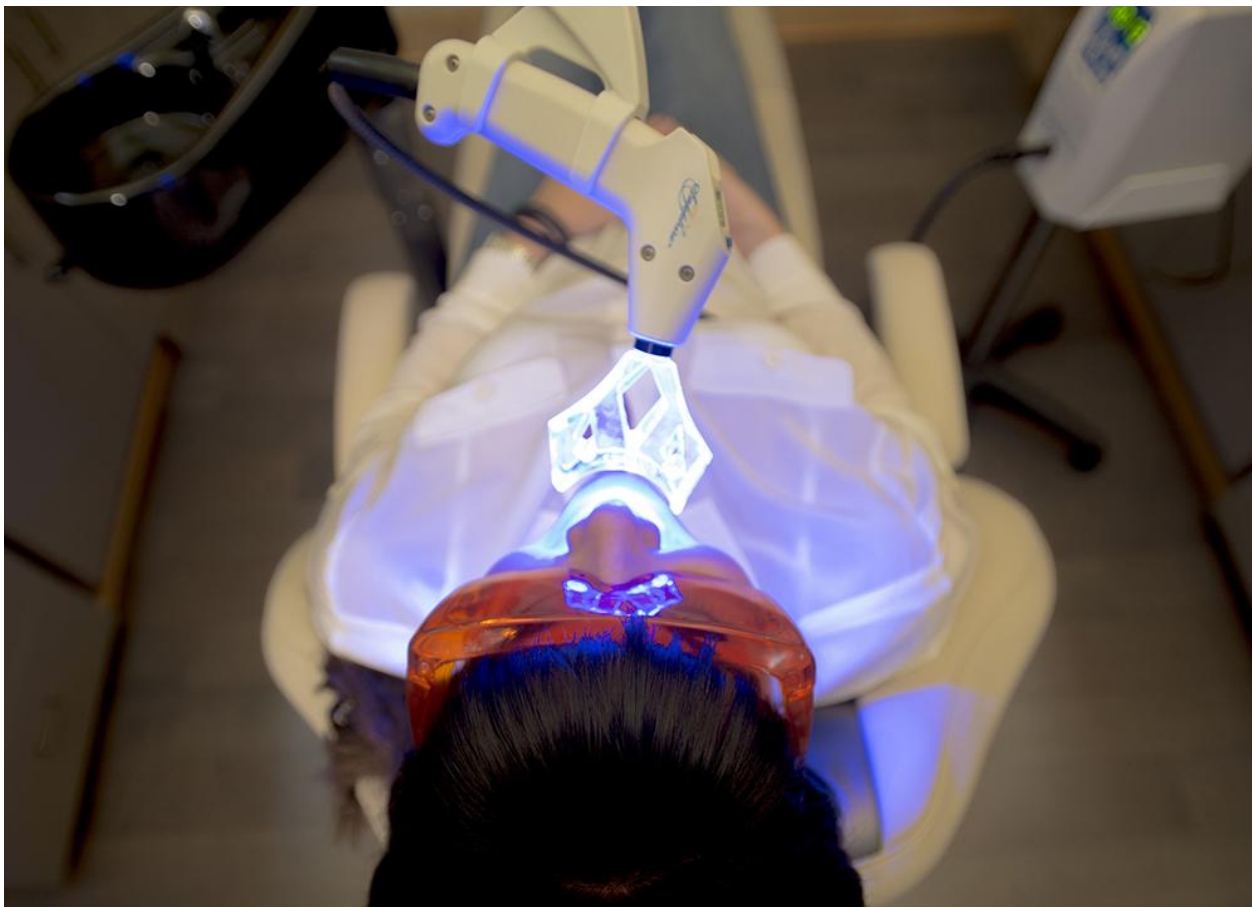
- You should avoid soy sauce, red wine, blueberries and soda just to name a few.
- If you choose to have one of these foods, be sure to follow them with a few glasses of water to wash away their acid-and-stain-inducing pigments.
- Brushing your teeth with the right products after eating or drinking can help prevent stains and discoloration.



WHAT TO EXPECT?

There are two main options for professional whitening. In-office or custom-made trays for at home use. Light and laser can be used to accelerate the process of whitening.

You can expect your teeth to be several shades lighter, they will be instantly brighter and the results should last up to 6 months.



IDEAL CANDIDATE

Those with dark yellow or brown stains as a result of aging, consuming staining foods and smoking respond best.

PROCEDURE TIME

About 45 minutes to one hour.

RECOVERY TIME

None, however some patients experience tooth sensitivity for a few days.

If whitening doesn't work for you or isn't an option because of tooth wear, there are other options for your smile makeover. Porcelain veneer is a smile makeover technique excellent for chipped or badly stained teeth. Each surface is etched and a thin piece of porcelain is glued onto the tooth. You get to choose the exact shade and shape for your new smile makeover.



CONCLUSION



If you'd like a personalized smile makeover, ask your dentist what technique he thinks is right for you.

Modern dentistry offers many ways to create the smile makeover right for your teeth and your budget.