

Easy Answers About Teeth Whitening

	Treatment of Time	Results	Notes
Zoom! Chairside	45 Minutes	Avg. 8 shades	<ul style="list-style-type: none"> ✓ Immediate Results ✓ Long lasting, ✓ Less fadeback ✓ Safe & comfortable ✓ Performed by a Dental Professional
At Home Trays	7-14 Days	6 shades	<ul style="list-style-type: none"> ✓ Self applied ✓ Trays ✓ No immediate results
Whitening Strips/Paint on Gel	7-30 Days	3-4 shades	<ul style="list-style-type: none"> ✓ Inconsistent tooth whitening ✓ No immediate results
ToothPaste	1 month +	1-2 shades	<ul style="list-style-type: none"> ✓ Results fade if you stop using the toothpaste ✓ Superficial stains only

What types of teeth whitening treatments do you offer?

At Gateway Dental Arts, we offer both in-office professional whitening for fast, dramatic results, as well as professional, at-home whitening kits to dramatically whiten your teeth at home over the course of about ten days to two weeks.

What's the biggest advantage of in-office whitening treatment?

Convenience. Our professional, in-office treatment takes less than an hour and you're done. You walk out of our office with a bright, beautiful smile. For in-office visits we use Zoom! Whitening (also called Zoom! Bleaching), the most recognized name in teeth whitening today.



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Your Cosmetic Dental Implant Center

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How does each teeth whitening system work?

If you're using an at-home kit, the whitening agent in the gel is activated when it's squeezed into the trays. It then bleaches the tooth enamel, removing stains and general yellowing, to restore your natural tooth color.

If you have the in-office procedure, the whitening agent is activated by a special curing light.

Both options will restore your smile's original color, giving you a younger and fresher appearance.

Are both systems safe?

Yes. Modern whitening techniques are both safe and effective. The results are dramatic in many cases.

Is there pain?

Depending on the procedure you opt for, you may experience some slight discomfort from wearing the trays or from the retractor placed on the mouth to pull back the lips from the teeth. This discomfort, however, should be minimal.

Following the procedure, you may also experience some tooth sensitivity, and cold food and drink may cause very slight tooth pain. But this will subside within a day or two after your treatment.



Dr. Richard Austin, DDS

What about over the counter whitening kits?

Over the counter teeth whitening kits have two primary drawbacks.

First, the kits are not available in prescription strength, so the whitening effect is not as dramatic as that of our professional whitening products.

Second, the kits are designed as one-size-fits-all solutions. The dental trays won't always fit your mouth and can even be uncomfortable or painful. On a rare occasion, we've even seen damage to the gums, lips, and other soft tissues areas of the mouth. Also, if the trays don't fit snugly, the gel doesn't contact your teeth evenly, creating patchy and disappointing results.

How do I best care for my newly whitened teeth?

To prolong the results of your tooth whitening, we recommend cutting down on staining substances such as coffee, tea, tobacco, and red wine.

Can I have my teeth whitened again?

Yes. If your teeth become dull or stained, you can have additional teeth whitening treatments.

What's the difference between bleaching vs. whitening?

According to the FDA, the term "bleaching" is permitted when the teeth can be whitened beyond their natural color. This applies strictly to products that contain bleach, typically hydrogen peroxide or carbamide peroxide.

The term "whitening," on the other hand, refers to restoring a tooth's surface color by removing dirt and debris. So any product that cleans (like a toothpaste) is considered a whitener.

Of course, the term whitening sounds better than bleaching, so it is more frequently used, even when describing products that contain bleaching agents.

Teeth whitening—easy, effective and economical

Tooth whitening is one of our most popular procedures, and one of the fastest and most economical ways to improve your smile. It's so easy, effective and affordable, there's no reason not to get started today.

Give us a call today and we'll decide together which teeth whitening option is best for you.

