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Bleaching has come a long way. Now you can bleach at home with results you can see in just a few days. Just call and make an appointment so we can make your custom tray. The results can be priceless!

Procedure:

1: During the first visit, we make an impression of the upper teeth and take photos of your teeth.

2: Next visit: the bleaching tray is tried in the mouth. Instructions are given.

3: Try to wear the tray overnight. The bleaching gel is active for 8 hours. If you can't wear the tray overnight, and you don't want to wear the tray for 8 hours during the day, then wear the tray for 2 hours in the morning and 2 hours in the evening. After 2 or 3 days your teeth will be as white as they will be. The longer you wear the bleaching tray, the longer they will stay bleached. Eventually the color will fade back to the original color.

4: Avoid drinking colored liquids. This means try to drink clear liquids i.e. water, white wine, light colored beer, grapefruit juice, lemonade, etc. Avoid eating foods that will stain your clothing [and your teeth] like beets, blueberries, or blackberries. Avoid colas, coffee, tea, smoking, and smokeless tobacco. Don't worry, even if you can't avoid these staining agents, your teeth will still whiten. Maybe not as white as you would like but it still seems to lighten a little. Everybody's teeth will not whiten to the same whiteness. The final results are variable and a little unpredictable.

5: I have seen very nice bleaching results with the Crest Whitening Strips. You can buy them at stores for \$30 to \$45.00. If you want me to bleach your teeth, I will but I charge much more and you can get almost the same results by using the Crest Whitening Strips.

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