



Oral and Dental Healthcare Center

444 3 777

*For more information on the
Oral and Dental Healthcare Center,
please dial Ext. 2550 or 2551.*

A white and brilliant smile!



**AMERICAN
HOSPITAL**

Güzelbahçe Sokak, No: 20 Nişantaşı, 34365 İstanbul / Turkey
Phone: +90 (212) 444 3 777 Fax: +90 (212) 311 21 90
www.amerikanhastanesi.org e-mail: info@amerikanhastanesi.org

Your smile is important-not only health-wise but also socially. The first time we meet someone, the person's smile is one of the first things that we notice and it tells us a lot about him or her. A white and sparkling smile makes us feel good, boosts our self-confidence and helps us to make a better impression on the people around us. That's why everyone dreams of a white and brilliant smile. And also why millions of people around the world undergo cosmetic teeth whitening. In recent years, with the advance of the dental field and the improvement in whitening materials, getting the white teeth you've always dreamed about is now a quick and very easy process.

What is teeth whitening?

Teeth whitening is the process by which gels whose active ingredient is peroxide are used to bleach the tooth structure and/or eradicate discoloration on the outer coating of the teeth. The peroxides inside the gels penetrate the porous enamel of the tooth, working on the proteins and pigments that darken the tooth and separating them into tiny molecules to give your teeth a lighter color.

How is it done?

Teeth whitening can be done in two ways-at home or in the dental office.

For at-home teeth whitening, your teeth are measured first. The laboratory then gives you specially designed, transparent, thin plastic guard trays made to your measurements. Low-concentration agents suitable for home use are then applied to your custom-made trays and fitted over your teeth. Depending on the effect desired and the gel used, this method is applied for 2-8 hours every day and for at least two weeks.

In-office whitening makes use of more highly concentrated gels and because of this, must be performed in the dental clinic. Your dentist will first place a protective plastic covering or barrier over your gums. Then a high-concentration bleaching gel will be applied to your teeth. Depending on the type of gel used, a special light, laser or heat may also be applied. However, the method of "power bleaching," which has become popular in recent years, has eliminated the need for the equipment that was previously used. The in-office whitening process takes 30-60 minutes and can be repeated for the desired effect.



Is teeth whitening safe?

The process of teeth whitening has been applied for many years and is a very effective, quick and safe method compared with many other clinical applications. Please consult your dentist to find out whether this process can be applied to you.

Why do teeth get discolored?

As a natural consequence of aging, tooth enamel erodes with time, making the yellow dentin layer lying beneath more visible. This makes our teeth look darker. Besides aging, other factors that cause discoloration of the teeth are our eating and drinking habits (smoking, tea, coffee, chocolate, cola), various drugs used while the teeth are developing, and structural changes in the teeth (fillings, cracks, loss of live nerves).

Are there side effects to teeth whitening?

There may be oversensitivity in the first few days after teeth whitening. Besides this and especially in at-home whitening processes, there may be sensitivity in the gums. These complaints are temporary and are kept at a minimum when the whitening process is carried out under a dentist's control.

Can anyone have their teeth whitened?

Anyone who does not have an allergy to the materials used or any deterrent health problem can undergo the teeth whitening process. Please consult your doctor to find out if you can have your teeth whitened.

How white can my teeth get?

It is possible to get a quick and effective result with office applications like "power bleaching." The result of the whitening process depends on the structure of your teeth. You can ask your practitioner how white you can expect your teeth to be afterwards. For example, yellow and brown structural discoloration responds better to the whitening process than gray tones.

If your teeth have fillings, crowns or porcelain restorative elements on them, these will not change color together with your own teeth because whitening gels only affect the tooth itself and not the restorative materials. To change the color of restored teeth, ask the dental practitioner about porcelain laminate veneers, composite laminate veneers and other methods.



