

## **Bleaching**

Bleaching is a procedure that will lighten the color of your teeth. The process can be carried out on the surface (external bleaching) as well as from the inside of the tooth (internal bleaching). There are two different methods which can be applied for the external bleaching: "In-office" bleaching and "home" bleaching.

### **External Bleaching:**

Stains on the surface of the teeth which originate from types of food and natural stimulants such as tea, tobacco, coffee, red wine etc. which penetrate the surface of the tooth and can no longer be completely removed by a deep cleaning. These stains are lightened up using a bleaching gel which is applied to individual teeth as desired. It is also possible to give a more aesthetic appearance to teeth which are stained due to genetic reasons (yellow teeth) by applying one of the following methods.

### **In-office Bleaching:**

The teeth are treated in one single session in the practice. The bleaching gel applied to the surface of the teeth is additionally activated with a special lighting system (Zoom, by Discud Dental) and the effect is immediately visible after a 45-60 minute treatment.

### **Home Bleaching:**

With this method of tooth whitening, dental fittings are created in the lab for the patient by using imprint molds; the patient applies these fittings at home with the bleaching gel over a total of 6 to 10 days (30-60 mins. per day). The effect increases day by day until the desired tooth color is reached.

### **Internal Bleaching:**

Individual teeth that have had root treatment which have changed color "from the inside" e.g. from previous root treatments, trauma etc. are brightened from inside out. The crown of the tooth is opened and the bleaching agent is inserted into the tooth in the form of a temporary filling for several days. The crown is closed temporarily for this period of time.

One rule applies for all customary bleaching methods: The brightened effect on the teeth does not last forever but often will remain for several years. The longevity of the result, however, essentially depends on the quality of the oral hygiene and/or the regularity with which deep cleaning is carried out. Should the teeth darken again after some time it is possible to have "refresher treatments".