

## Communication on Why Professional Teeth Whitening

**Rehana Younus Lakhani\***

*Dentistry and Aesthetics, Pakistan*

**\*Corresponding Author:** Rehana Younus Lakhani, Dentistry and Aesthetics, Pakistan.

**Received:** November 23, 2020; **Published:** January 29, 2021

- When you are looking for teeth whitening products, you will find plenty of products in the market over the counter, in the form of toothpaste, drops, mouthwashes, strips, laser light activator, powder and much more.
- Even at home inside your kitchen you will have some more options like strawberries, charcoal, banana peel, powder, paste and mixture of some kitchen ingredients.
- Among all options, Office bleach is still on priority and # 1 bleaching procedure, why? That we will discuss in the next lines. Yes, home bleach which provided by your Dentist is the second option, because the Dentist always suggest appropriate products to you which suits your teeth, because he had examined your oral cavity including your gums, nature of teeth and color and allover general health as well.
- Currently you have all cheap and easy options in your hand and mind, but still you are looking a dental office tooth whitening, WHY?
- The best answer is TRUST.
- Because you know if there will be any type of problem during and after procedure, your Dentist will handle it and try to solve it, so you can step out from the dental clinic with healthy, brighter and confident smile.
- We need to understand types of tooth discoloration.
- Outer or extrinsic discoloration, mostly it occurs after what you have eaten, drink or eating and drinking in abundant quantity of colored beverages repeatedly like red wine, tea or coffee which produce yellowish or brownish color on your teeth. Too much smoking is the one cause.
- Furthermore, spices also contribute to produce color staining on the teeth.
- Inner or Intrinsic discoloration, that means something is not normal inside the tooth. Sometimes it remains inside the tooth structure and sometimes it reaches till the outer part of the teeth called Enamel. Why it happens? this is remarkably interesting question. Here are some of them reasons, like infections, age is also one factor, medication, childhood diseases, tooth injury, or before birth mother had some medicine during pregnancy and in infancy use of some medicine.
- In this condition you need to visit Dental office for sure before you use over the counter products, but they will not work and repeatedly use of products will harm your oral cavity tissues.
- What you get after professional Teeth whitening.
- Uniform teeth whitening.
- It can boost up your self-confidence.
- It also kills bacteria that may cause gum disease and bleeding.
- Quick result with reliable treatment.
- Decrease risk of tooth decay.

- Enjoy brighter smile!
- Achieved brightness generally lasts more than one year if you follow post-operative instruction given by the Dentist.
- Quick process only one sitting required.
- With the help of advanced technologies low risk of tooth sensitivity.
- Improve your personality.
- Fresh feeling because you look good you feel good.
- Minor and temporary disadvantages.
- Teeth sensitivity.
- Tooth sensitivity last for 2 days only if there is no underlying tooth pathology.
- Bleaching agent may cause tooth irritation.
- Sometimes chemical burns to the gums, mouth and throat might be happen but do not worry, that will finish with in next 4 hours.
- You cannot enjoy your favorite food for the next 4 days.
- If you feel more sensitivity, please inform your Dentist, he will treat your teeth with desensitizing agent that time.
- You will experience white patches on your teeth surface, do not worry they will vanish with in day one or two.
- Philosophy of teeth whitening.
- teeth whitening gel will not damage or harm your tooth enamel.
- Outer covering of the tooth known as an Enamel and it is the hardest tissue in the human body. It consists of small tubules that can only be viewed under high magnification not with naked eye. As I mentioned that Enamel is the outermost layer of the tooth, so definitely this is the first object to expose with all foreign particles in the form of food and drinks and the layer of tissue beneath the enamel that absorbs most of the stain, and all colors we named it Dentine which is sensitive to foreign particles too. Hence in order to achieve successful whitening, the teeth whitening material must flow through the enamel tubules and begins to lighten the underlying stained tissue while teeth whitening procedure.
- Teeth Whitening materials can cause temporary tooth sensitivity. As the dentinal tubules are left open and exposed, after whitening procedure and that state is called as dehydration of dentine. After some periods say about 2 days, tubules are quickly remineralizer by organic material found in saliva in our oral cavity. In this period it is very important to avoid colored food and colored drink. Let the tooth completely rehydrated, otherwise the tooth will absorb all color of food or liquid it is exposed to while eating. This is very important time for patients to follow Dentist's post-operative instructions and stay away from very hot, cold sweet and salt contain food and color foods, the reason behind is to avoid possible irritation of the nerve tissue, as we know the tubules are open, let them close with normal process, otherwise you will have new color of teeth.
- There are some more reasons of dehydration of the tooth like saliva flow is disrupted due to many things like, mouth breathing, some medicine, radiation treatments, smoking, some autoimmune diseases and other unknown underlying medical conditions too. Patients may experience dehydration for short time, And the re-hydration of the teeth may be occurring in couple of hours. Dehydration can be identified clearly by white patches on the surface of the Enamel which is outer covering of the teeth. Once the tooth becomes re-hydrated means its original state the white spots will disappear its own, you do not need any treatment at this time.
- If You Look Good You Feel Good.

**Volume 4 Issue 2 February 2021**

**© All rights reserved by Rehana Younus Lakhani.**