

a hollywood smile

Have you ever wondered why celebrities have such perfect smiles? Well it may come as no surprise that most of them were not born with those pearly whites. Programs like Extreme Makeover have shown us that through cosmetic dental technology, you can change your smile virtually overnight. The two most common forms of treatment are whitening and veneers.

Teeth whitening, or bleaching, is performed for patients who desire a brighter smile. It can reduce discoloration and staining or simply provide the patient with whiter, brighter teeth. The three most commonly asked questions regarding teeth whitening are as follows:

What causes discoloration of teeth?

The most common cause of discoloration is extrinsic staining, which occurs through the aging process and consumption of staining substances such as coffee, tea, colas, tobacco, red wine, etc. These stains can be treated with bleaching. Discoloration can also be caused by intrinsic staining, which occurs when tetracycline, certain

antibiotics or excessive fluoride is consumed during the formation of teeth and is normally treated with veneers.

Is Teeth Whitening safe?

Yes, extensive research and clinical studies indicate that whitening teeth, under the supervision of a dentist, is safe and the entire process can now be done in less than 2 hours. In fact, many dentists consider teeth whitening the safest cosmetic dental procedure available. As with any teeth whitening product, it is not recommended for children under 13 years of age or women who are pregnant.

Who may benefit from Teeth Whitening?

Anyone can benefit from teeth whitening, however it may not be as effective for some as it is for others. A thorough oral exam, including a teeth shade assessment can determine if you are a viable candidate. So if you would like to have a Hollywood Smile or just want your teeth to be as white and bright as they can, the answer is as close as your dentist's office. ■