

Tooth Whitening Options

Whitening Toothpaste \$5-10

- More abrasive than other pastes, to remove stain
- Can cause more sensitivity than average fluoride toothpaste

Electric Toothbrush \$30-100

- Can remove stains more efficiently than a manual toothbrush
- SONICARE \$55

Whitening Strips \$25-50, 5-10% peroxide

- Can be purchased over the counter
- Not a custom fit. If you have tooth overlap, spacing or crowding it will not whiten the “nooks and crannies.”

Professional (Opalescence Go) “White Strips” \$75

- Can be purchased from dental office only

Custom Trays \$250, 15-35% peroxide

- An upper and lower arch tray are made from an impression taken in our office. It fits well and whitens all surfaces of your teeth.
- You are in complete control, at home. Use as frequently as you would like to get results and take a break if you are becoming sensitive.
- Can be stored in refrigerator and last up to a year. As long as the trays fit, you can purchase peroxide refills for \$40.

Same Day Whitening \$500, 40% peroxide

- You can achieve results within a few hours.
- There is a very high likelihood of sensitivity/tooth pain for several days.

In general...

- The higher the % peroxide, the faster the results.
- The better the fit, the more uniform the results.
- Tooth composition varies from person to person. Results are not guaranteed.
- Tooth sensitivity caused by whitening is transient. When used in moderation, there is no concern that permanent damage will occur. Patients that already have tooth sensitivity, or that have areas of gum recession/root exposure, are more likely to have discomfort.
- Some sensitivity can be combated with increased Fluoride exposure.
- Restorations (fillings, crowns, veneers, etc.) will never change shade/color.