

Tooth Whitening

Tooth whitening has been around in one form or another for over 100 years. However, it wasn't until the 1990's, that whitening started to become generally available. In the early 90's, tray bleaching was introduced as an reasonable priced, effective method for tooth whitening, and many dentists began offering whitening to their patients.

In 1995, Yarbrough introduced "laser bleaching," a technique that offered patients the option of whitening their teeth using laser light to speed up the whitening process. Soon, several options were available to patients who didn't want to take 2 to 3 weeks to whiten their teeth. I developed and patented LaserBrite™, and other products, such as BriteSmile®, Zoom® and Sapphire® were developed to allow dentists to brighten smiles in about an hour. Many of the larger companies ran effective nation-wide marketing campaigns for their products, and people's interest in whitening in general really took off.

Currently, there are many, many options for people to choose from if they want to brighten their smiles. There are several over the counter systems that consumers can buy, and many options that dentist offer as well.

As a rule, dentist supervised whitening is always more effective than the over the counter systems. Combined systems like our Ultimate White™ Deep Bleaching procedure is the most effective. These systems use take home trays and in-office whitening to really get dazzling results. Laser Bleaching is still an effective technique for those who don't want to mess with trays, but the result of one hour's worth of whitening is often not as profound as 2 weeks worth of whitening with one of the newer, more powerful tray systems now available.

With so may systems available, which one is the best? There is no single answer. Our office offers a menu of options, and we try to recommend the system that would work best for each individual. Some people want their teeth as white as possible, and we recommend Ultimate White™ Deep Bleaching. Often, when a patient has several different colored teeth , and they just want them to match, we recommend LaserBrite™, because with an in office system, we can whiten each tooth at a different level. If the patient doesn't want teeth that are off-the-chart white or wants to spend a little less, tray whitening is still a great option too.

The state of the art in whitening offers something for nearly everyone. From over the counter products to combination systems offered by dentists to get your teeth ultra-white, there is a lot to choose from. Your dentist can help you find the best system for you anytime you're ready for a little sparkle.