

## Teeth Whitening Coquitlam

Bleaching and whitening has turned out to be the most requested cosmetic treatment preference for both men and women. There are several bleaching or whitening solutions to help be suitable for most patients time frame and budget. The numerous solutions will include in-house one hour whitening therapies or home based bleaching options.

The techniques of whitening should altogether yield moderate to extensive enhancements in the brightness and whiteness of the patients smile. Conversely, it must be borne in mind that whitening techniques are not everlasting and must be maintained to reach the desired effects.

### Bleaching vs. Whitening

The term bleaching corresponds to the application of products containing bleaches to whiten teeth. Whitening products will usually contain hydrogen peroxides or carbamide peroxides.

Whitening refers to the restoration of a tooth's surface colour by getting rid of debris and dirt. Hence any product like toothpastes that are used to polish can be considered a whitener. The idiom "whitening" is used considerably more often as it seems more reassuring than bleaching, even when referring to products that contain bleach.

Whitening products will remove the majority of the stains and remains at the same time as leaving cracks in the enamel open and uncovered. A few of these cracks will fill up with food remains and other organic fragments while some cracks will be rapidly re-mineralized by saliva.

A few of the core reasons of tooth discoloration include: age, the tooth's initial colour, translucency and thinness, intake routines, chewing tobaccos or smoking, chemical compounds and drug treatments, grinding and clenching, and trauma.

### Age of Patient

The correlation concerning age and the colour of the teeth is rather prominent. This is due to the teeth becoming darker over time from normal wear and tear and the accumulation of stains. Teens are very likely to yield superior results from tooth whitening sessions. Adults in their twenties will begin to experience the staining of their teeth and whitening will turn out to be a great deal harder to achieve. As patients extend into their forties, the yellow stains will turn to brown ones and the whitening accordingly becomes much more difficult once more. By the time patients reach their fifties, stains will have become firmly entrenched and will prove incredibly difficult to remove, nonetheless will not be impossible to eliminate.

### Normal Tooth Colour

The range of initial tooth colour commonly begins with yellow-brownish to greenish-gray, and becomes darker over time. Yellow-brown stains will typically be more receptive to sessions than green-gray stains.

### Thinness and Translucency

Slenderness and translucency are genetic qualities that become more pronounced as you age. Teeth that are thick and opaque as well as some that show a bit of translucency will look lighter in colour will be far more receptive to bleaching. Teeth that are thin and transparent, particularly if they are front teeth, might not have the essential pigment for bleaching purposes.

### Intake Behaviors

Regular ingestion of coffee, teas, red wine, colas, blueberries, carrots, oranges and other dark liquids and foods can cause noticeable discoloration over the years. In addition, citrus fruits and other acidic foods like vinegar may add to erosion of tooth enamel. This might lead to surface level clearness and the yellow-colored dentin will show through.

### Tobacco Use

Nicotine leaves brownish spots that will slowly work into the structures of the tooth and trigger stubborn discoloration.

### Synthetic Drugs

If tetracycline is used at some stage in the formation of teeth, it will repeatedly produce dark grey or brown ribbon stains that are dogged and challenging to remove. The consumption of too much fluoride may produce dental fluorosis creating white specks and streaks over the affected areas.

### Clenching and Grinding

Most commonly, grinding and clenching problems are caused by increased levels of stress. This condition may add substantial micro-cracking in the tooth enamel and may also cause the biting edges as well as cusps to darken.

### Damage

Damaging injuries might yield very considerable cracks within the enamel of the teeth, which may form large accumulations of debris and stains.