

## Coquitlam Teeth Whitening

Though most of the systems being used today to help whiten and enhance teeth are considered somewhat safe, they might have certain disadvantages involved in their use. The dangers can include irritation of the gums, increased sensitivity, and technicolour teeth.

### Site Specific Sensitivity

An upsurge in sensitivity to touch, pressure, and temperature can be experienced as a result of whitening. This is more expected to happen at some stage in an in-office bleaching, where the higher concentrations of hydrogen peroxide are used. A number of people have been known to experience shooting pains also known as zingers, through the middle of their front teeth. Patients who are at greatest risk for greater than before sensitivity after bleaching are individuals with receding gums, leaking restorations or substantial fissures in their teeth. For cases of tooth sensitivity and tooth zingers, studies have made known that redheads are more prone, regardless of the risks posed or not. Commonly, tooth sensitivity triggered by bleaching procedures can hang around for about a day or possibly two, however might last for durations of roughly a month in extreme cases. Dentists suggest toothpastes containing potassium nitrate for people with overly sensitive teeth.

### Gum Irritation

More than half of the clients of peroxide whiteners encounter some degree of gum irritation due to elevated levels of bleach and from contact with the whitening trays. Irritation can continue for quite a few days, dissipating after the therapies have stopped or the concentrations of bleaching products are lowered to a more preferred level.

### Technicolor Teeth

Dental restorations such as inlays, onlays, crowns and veneers might not be affected by whitening procedures and therefore maintain their colour while the natural teeth are whitened. The outcome is usually referred to as "technicolour teeth".

Oral health care providers are likely to advocate follow up bleaching applications in order to help maintain and improve the durability of the whiter smile through treatments beginning directly after or to be executed at least once per year. In addition, dental professionals time and again promote the avoidance of dark-coloured drinks (or to drink them through a straw) in addition to staining foods for at least seven days following a treatment. Moreover, practicing superior oral hygiene will definitely help keep teeth bright and new.

One thing to remember about bleaching procedures is that no amount of bleaching may bring about absolutely white teeth, and relatively often the outcomes of the whitening treatments will not be totally noticeable for a few weeks following bleaching. If restorative remedies such as aesthetic bonding, porcelain veneers or other dental restorations are needed, they should be placed immediately after a whitening program to take full advantage of bonding, functionality, and colour matching. Tooth coloured dental restorations might have to be replaced after bleaching to steer clear of the technicolour effect. Habitually, gums that are diminishing can expose their yellowish root surfaces on the gum line which might be very tricky to clean or whiten. In conclusion, whitening treatments are not suggested for nursing women and expecting females since the effects of peroxide on a newborn or fetus have not been satisfactorily studied at this time.