



WHITEN YOUR SMILE - Questions Behind Tooth Whitening

There are many causes of tooth staining. Certain medicines, tooth trauma, root fillings, and foods and beverages can cause tooth discoloration over time. Some discolorations are superficial while others are internal. Both can be effectively treated by a dentist; professional whitening is the best option to safely lighten discolored teeth.

HOW DOES BLEACHING WORK?

The whitening process is possible "due to the ability of the carbamide peroxide and hydrogen peroxide to freely pass through enamel and dentin and to permeate to all parts of the tooth."¹ These peroxides break down into oxygen radicals, which migrate between the enamel prisms, breaking down any colored molecules that result in tooth discoloration. The structure of the tooth is not altered; the internal tooth color is simply made lighter.

Bleaching agents break down into tiny molecules and move in all directions so even if the entire tooth is not covered with bleach, the entire tooth is whitened.²

Numerous studies have proven the effectiveness of peroxides in whitening teeth. Enamel, dentin, existing fillings, and bonding materials are not affected by the whitening agents, nor are they harmed by the whitening materials.

WILL BLEACHING AFFECT BOND STRENGTH?

Even though bleaching agents release a great amount of oxygen into the tooth, existing bonds are not weakened.^{3,4}

If bleaching before bonding, allow a period of 7–10 days after bleaching. The high concentration of oxygen in the tooth could significantly and adversely affect polymerization of the resins.^{5,6}

HOW LONG DOES THE BLEACHING LAST?

Bleaching results are very stable, but depending on the patient's nutrition and lifestyle habits, the procedure may need to be redone periodically. Due to the safety of the bleaching agents, this should not concern the dentist or patient.

WILL BLEACHING CAUSE TOOTH SENSITIVITY?

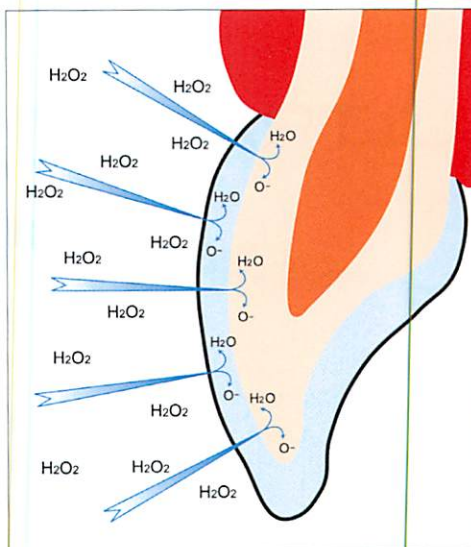
Tooth sensitivity is a relatively common side effect of bleaching. If sensitivity occurs, it is transient and disappears after the completion of bleaching. However, most Opalescence products include PF (potassium nitrate and fluoride) desensitizing agents for additional comfort. Research has shown that just as hydrogen peroxide penetrates through the enamel and dentin and to the pulp, so does potassium nitrate. Potassium nitrate acts more like an analgesic or anesthetic by keeping the nerve from repolarizing after it has depolarized in the pain cycle.⁷ Fluoride acts primarily as a tubule blocker, plugging the holes and slowing down the fluid flow that causes the sensitivity.

WILL BLEACHING WEAKEN THE TOOTH'S ENAMEL?

Findings on the Opalescence PF product line presented at the American Association of Dental Research and the Journal of the American Dental Association confirm that whitening with Opalescence PF will actually minimize sensitivity, provide anti-caries benefits, increase enamel microhardness, and improve overall enamel health.^{8,9,10,11}

IMPORTANT: DENTIST SUPERVISION IS THE BEST WAY TO WHITEN!

Tooth whitening treatments today are effective and safe if they are used appropriately and with the correct materials. This includes an initial diagnosis, professional teeth cleaning, briefing on the chosen whitening process, and monitoring of the patient during the treatment phase. Self-treatment by the patient with over-the-counter (OTC) products often does not provide the results desired. All products of the Opalescence system are medical products and are dispensed or released only by dental practitioners.



¹ Haywood VB. History, safety and effectiveness of current bleaching techniques and applications of the nightguard vital bleaching technique. Quintessence Int., 1992 23(7): 471-488 ² Jadad E, Montoya J, Arana G, Gordillo LAA, Palo RM, Loguercio AD. Spectrophotometric evaluation of color alterations with a new dental bleaching product in patients wearing orthodontic appliances. AJODO. 2011; 140(1):e43-7. ³ Klukowska M, White DJ, Kozak KM, Zoladz JR, Baker RA, Garcia-Godoy F, Goetz H, Duschner H. Effect of bleach on microleakage of class V composite restorations (Abstract #0035). IADR. 2006. ⁴ Angerame D, Garaffa S, Maglione M, Di Lenarda R, De Stefano Dorigo E. Effect of in-office bleaching on class V composite restorations seal (Abstract #3012). IADR. 2006. ⁵ Wilson D, Xu C, Hong L, Wang Y. Effects of clinical factors during tooth whitening on enamel (Abstract #2632). IADR. 2007. ⁶ Lim B-S, Ryu I, Lee Y-K, Rhee S-H, Yang H-C, Ahn S-J, Nahm D-S, Oh M-H. Effect of bleaching agent on shear bond strength to dentin (Abstract #0036). IADR. 2006. ⁷ Haywood VB. A comparison of at-home and in-office bleaching. Dentistry Today. 2000; 19(4):44-53. ⁸ Basting RT, Rodrigues A, Serra MC. The effects of seven carbamide peroxide bleaching agents on enamel microhardness over time. JADA. 2003; 134(10):1335-42. ⁹ Al-Qunaini T. The effect of whitening agents on caries susceptibility of human enamel. Operative Dentistry. 2005; 30(2):265-70. ¹⁰ Clark LM, Barghi N, Summitt JB, Amaechi BT. Influence of fluoridated carbamide peroxide bleaching gel on enamel demineralization (Abstract #0497). AADR. 2006. ¹¹ Amaechi BT, Clark LM, Barghi N, Summitt JB. Enamel fluoride uptake from fluoridated carbamide peroxide bleaching gel (Abstract #0498). AADR. 2006.



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VALO[®]

C O R D L E S S
LED Curing Light - Page 102



ULTRACEM[®]
resin-reinforced glass ionomer cement

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Ultrapak[®] CleanCut

Knitted Cord - Pages 56-57



SoftEZ[®] Tip

Brush Tip - Page 138



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Financial Policy

So that we may better serve our patients, we offer the following financial arrangements for the services that we provide.

Payment by Appointment:

FULL PAYMENT IS DUE ON THE DAY OF SERVICE. For your convenience, we accept Cash, Check, Visa, Mastercard and Discover. You may also be eligible for a payment plan called CareCredit. This allows you to start treatment today and spread payments over time. Please ask for details.

Insurance payments:

As a **courtesy**, we will file your insurance claim for you. We provide this service as a courtesy only and it is not meant to be a substitute for payment. Many insurance companies pay fixed allowances for certain procedures while many others pay a certain percentage of the charge. Many insurance companies have a list of "Reasonable and Customary Fees". These fees can vary greatly between insurance carriers.

As a courtesy, we will attempt to contact your insurance company for benefit verification. Verbal confirmation is **NOT** a guarantee of benefits or payment, as exclusions and limitations may apply. Our office recommends and provides dental care to help you achieve optimal dental health and not whether or not your insurance company covers it. **IT IS YOUR RESPONSIBILITY TO KNOW YOUR POLICY.** It is your responsibility to pay any deductible amount, co-insurance or any other balance not covered by your insurance plan.

1. **All co-pays and deductibles must be paid at the time of your appointment.** We will estimate as close as possible what your co-pay will be. If there is any difference after we receive final payment from your insurance company, you will receive a statement for the balance or a refund if there is a credit.
2. All charges are your responsibility whether your insurance pays or not. Not all services are a covered benefit in all contracts.
3. **We will make every attempt to get payment from your insurance company, however; any balance unpaid by insurance after 60 days will become your responsibility.** You will be expected to pay the balance and then you will be reimbursed when your insurance company pays.

Interest Charges:

Patient balances 60 days and older will be assessed an interest charge of 20% per month with a minimum of \$5.00.

Collection Charge:

Any account sent to an outside collection agency will assess a \$50 collection fee.

Missed/Cancelled Appointment Charge:

Any appointment not kept or cancelled with 24-hour notice, may be subject to a charge of \$10 per 10 minutes of scheduled time with a minimum charge of \$50. **No further appointments will be made until the fee is paid.**

I have read and understand the financial policy and agree to its terms. If I have insurance, I also direct my insurance carrier to issue payment directly to Dr. Douglas Sjogren.