

# WHITER *Brighter* SMILES

Dr. Bling's **Top 10** Pearls of Wisdom  
When Whitening Your Teeth

By Raymond Frye, DMD (aka "Dr. Bling")



## 1 *Whitening toothpastes are designed to be abrasive and remove the top layer of enamel.*

They only remove stains on the outside of the tooth. Frequent use of whitening toothpaste may result in teeth becoming sensitive to hot and cold.

## 2 *Effective whitening gels contain either hydrogen peroxide or carbamide peroxide. I recommend carbamide peroxide because the results last longer. It is also less dehydrating to the teeth and can actually help prevent decay. My own whitening gel formula, Icing 30-Carat\*, contains carbamide peroxide and a special desensitizing agent, potassium nitrate.*

## 3 *Avoid whitening with lasers, high-intensity lights or heat.* You will get the same results with other methods and avoid dehydration of the tooth and increased sensitivity. Whitening gel can be stored in refrigerator and can stay effective for up to two years.

## 4 *When whitening, a custom fitted tray is superior to one-size-fits-all tray systems.* Make sure the tray is scalloped along your gumline and not covering up your gums. This will prevent the uncomfortable burning sensation caused by the peroxide. To prevent the possibility of the burning sensation, always immediately remove any excess gel that oozes out of tray.

## 5 *Teeth whitening with appropriate methods does not damage enamel.*

Most sensitivity experienced when whitening teeth is caused by dehydration of the tooth. The peroxide gel dehydrates teeth just like peroxide-containing hair products dry out hair. In addition, the whitening tray covers the teeth and prevents saliva from keeping the teeth hydrated. I recommend wearing whitening trays no longer than 90 minutes. The majority of the active ingredient has been exhausted by this point, and wearing trays longer just makes teeth more sensitive. Never wear trays overnight. Drinking plenty of water after whitening also helps rehydrate your teeth.

## 6 *Following teeth whitening, avoid coffee, berries, red wine, curry, smoking and other teeth-staining items.* Teeth are more porous for the first 24 hours after whitening and will easily stain from these food products. Drink beverages that stain teeth, such as coffee and cola, through a straw to help teeth stay white longer. If you forget and turn your teeth pink from a glass of red wine, simply re-whiten teeth for another 30 to 60 minutes.

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## 7 *Don't whiten top teeth and bottom teeth at the same time.* This helps you see how well the whitening system is working. Whitening the teeth in

sections also reduces any sensitivity you might experience.

## 8 *You may whiten your teeth as often as needed as long as you are not experiencing any pain or sensitivity.* If teeth are getting sensitive, it is a warning sign from the fragile nerves inside the teeth that they need a break.

## 9 *Porcelain crowns and tooth colored fillings will not whiten.* If possible, consider whitening teeth before having any visible tooth colored dental work completed.

## 10 *Thicker enamel whitens more than thin enamel.* Enamel is thinnest along the gumline and can look more yellow than the rest of the tooth. Bottom teeth have thinner enamel than top teeth and might not get as white.

**MS&F**



\*For more information, please visit [www.icingteethwhitening.com](http://www.icingteethwhitening.com)