

## What is bleaching?

Tooth Bleaching is a cosmetic solution in which the colored organic and inorganic substances formed in the enamel structure on the surface of the teeth are removed with tooth whitening gels. Bleaching is done by applying a specially prepared gel onto the teeth and accelerating the reaction with a light source or laser. The mechanism of the bleaching process is in the form of an oxidation-reduction reaction. The substances used release oxygen. Substances causing discoloration of teeth are replaced by colorless substances and whitening occurs.

## How does internal coloration happen?

They are stains that penetrate into the tooth and cannot be removed by brushing. Coloring materials such as cigarettes, tea and coffee cause external coloring as well as the internal coloring. Structural defects that occur during the formation of teeth are also included in this group. Bleaching is very successful in the majority of these cases.

## How does external coloration happen?

It is the coloration that sticks to the outer surface of the tooth from coloring foods such as cigarettes, tea, coffee and cola. It is generally possible to get rid of these stains after tartar cleaning. Different colorings may require different treatments. Therefore, it is best for your dentist to decide what type of treatment should be performed.

## Which department is responsible from bleaching?

Bleaching is a simple procedure, so physicians from all departments can do it. All you need to do is taking an appointment.

## What are the issues that should be considered during tooth bleaching?

Bleaching treatment should be started after carefully protecting the gums and surrounding tissues such as tongue and lips. The density and duration of use of the drug should be adjusted correctly. (bleaching gels contain carbamide peroxide and hydrogen peroxide in different proportions)

Patients may occasionally complain of a slight tenderness during or after tooth whitening, but this tenderness will disappear completely within 1 to 3 days. What is important is that the steps required for the treatment to be performed must be completed completely and accurately. Teeth whitening is a harmless and very effective method when performed by dentists.

## What is internal bleaching?

It is applied to the teeth that have lost their vitality. It is a method used for the treatment of teeth that had previously been traumatized or had discoloration after canal treatment. The process is completed when sufficient whiteness is achieved by placing hydrogen peroxide gel in the pulp chamber of the previously treated teeth and changing it periodically.

## What is external bleaching?

External bleaching is performed by activating the whitening agent applied to the teeth by the physician alone, with light source or laser according to the system used. In bleaching with normal light equipment, the sessions take about 30–45 minutes and the result can be seen immediately. When the appropriate patient is selected, laser whitening treatments give much faster results. The duration of the treatment depends on the amount of whiteness required by the physician and the patient's desired whiteness.

Bleaching has no effect on fillings and coatings. Therefore, depending on the tooth color obtained, they sometimes need to be replaced. Bleaching is a reversible process depending on the time and habits of the patient. Therefore, in some cases it may need to be renewed periodically.

This procedure, which is very simple to perform by the patient and the physician, has no long-term complications. Therefore, instead of hiding our smile, we all have the right to exhibit a sparkling smile that can be achieved with such an easy process.