

In nature there is a great variety of colors and this diversity is what makes it so beautiful in our eyes.

This is also what happens with our teeth.

There is a wide variety of colors among the people, some of us have more white, others more yellow, gray or hundreds of other combinations.

Several factors such as nutrition habits (coffee - tea - smoking - the medication - poor oral hygiene, and others) can affect and change the color of teeth.

The whitening technique is the one that allows us to improve tooth color and brightness. This is achieved by using whitening tools such as:

1. Carbamate peroxide at different densities (100%, 16%, 22%)
2. Hydrogen Peroxide (15% - 35%)

The teeth whitening is feasible to be either in the dental clinic or at home.

It is recommended firstly, a professional teeth whitening in the dental clinic and then it may be continued at home with specific splints.

Recently the development of technology enabled the use of Laser with amazing results without the side effects such as tooth sensitivity to (warm - cold) that appears by using the chemical bleaching with LED light.

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