

## Backed by Research: 7 Interesting Q&As About Teeth Whitening

### Can I whiten my teeth while I sleep?

You can whiten while you sleep with a custom tray! A university study proves that Opalescence™ 10% whitening gel stays active for 8–10 hours during overnight whitening.<sup>1</sup>

### Can I whiten my teeth with braces or aligners?

Yes! You can whiten with braces using Opalescence Go™ prefilled whitening gel trays, which can fit over wires and brackets.<sup>2</sup> You can also whiten with aligners using Opalescence whitening syringe-delivered gel inside the aligner trays.<sup>3</sup> Since whitening works as peroxide penetrates the tooth and spreads throughout, even the part of the tooth covered by the bracket will whiten.



### Do UV or LED lights help during whitening?

Studies have repeatedly shown that UV or LED do not improve the efficacy of whitening treatments.<sup>4</sup> In fact, some research shows that using a light for whitening can be harmful to lips and gums.<sup>5</sup> Plus, they're notorious for shade relapse.

### How long will my results last?

It depends on a number of factors. Anything from your biology to your diet can affect how long your teeth stay white. However, Opalescence whitening is effective in helping reduce shade relapse as compared to competitor tooth bleaching products.<sup>6</sup> Also, a great whitening toothpaste (such as Opalescence™ Whitening Toothpaste) can lengthen the time between treatments.

### Is it messy, or will it hurt my teeth or gums?

The sticky, viscous formula of Opalescence whitening gel does not leach from the tray like other whitening agents.<sup>7</sup> Having said that, it's very important to not move the gel around in your mouth too much. If it lingers on your gums, it might cause irritation or pain. To avoid discomfort, follow the instructions on how to correctly apply the pre-filled trays and syringe gels. Use Opalescence sensitivity relief toothpaste prior and during whitening to help with any tooth discomfort.

### Is teeth whitening expensive?

The cost of teeth whitening can vary greatly depending on what you use and where you get it. While over-the-counter teeth whiteners are the least expensive, they may not be the most effective because they are not tailored to your specific needs. Also, they may increase the risk of having sensitive teeth. Other dentist-administered teeth whitening treatments may be more expensive because of costly teeth whitening lights or lasers used in the procedure, but these accessories generally do not provide any added benefit. Opalescence teeth whitening offers the benefits of a dentist prescribed whitening treatment without any costly gimmicks, making it the best value. Talk to your dentist about specific costs and to determine the best whitening option for you.

### I want to get started, what do I do now?

Your dental office can get you started on a great whitening regimen. Your hygienist and dentist are fantastic resources for determining regimen, timelines, shade tracking, understanding your particular needs and desires, and (when necessary) sensitivity relief.



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3. Sword RJ, Haywood VB. Teeth Bleaching Efficacy During Clear Aligner Orthodontic Treatment. *Compend Contin Educ Dent.* 2020; 41(5):e11–e16. PMID: 32369381.
4. Maran, Bm, A Burey, Tdp Matos, Ad Loguercio, and A Reis. “In-Office Dental Bleaching with Light vs. without Light: A Systematic Review and Meta-Analysis.” *Journal of Dentistry* 70 (2018): 1-13.
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6. Grobler SR, Majeed A, Hayward R, et al. A Clinical Study of the Effectiveness of Two Different 10% Carbamide Peroxide Bleaching Products: A 6-Month Follow-up. *Int J Dent.* 2011;167525. doi: 10.1155/2011/167525.
7. Caughman WF, DMD, Frazier KB, Haywood, VB. Carbamide peroxide whitening of non- vital single discolored teeth: Case reports. *Quintessence Int.* 1999;30(3):155-61.