

Tooth whitening can be a very effective way of lightening the natural colour of your teeth without removing any of the tooth surface. It cannot make a complete colour change, but it may lighten the existing shade.

### **How can I look after my teeth once they have been whitened?**

You can help to keep your teeth white by cutting down on the amount of food and drinks you have that can stain teeth. Don't forget, stopping smoking can also help prevent discolouration and staining.

We recommend the following tips to take care of your teeth:

- brush your teeth last thing at night and at least one other time during the day, with a fluoride toothpaste
- cut down on how often you have sugary foods and drinks
- **visit your dentist regularly, as often as they recommend.**



**PUSAT KESIHATAN UNIVERSITI  
UNIVERSITI MALAYSIA PERLIS**

***"HEALTHY TEETH  
HEALTHY SMILE"***

## **TEETH WHITENING**



### **CONTACT US**

**FOR FURTHER INFORMATION :  
PUSAT KESIHATAN UNIVERSITI  
UNIVERSITI MALAYSIA PERLIS**

04 - 9885396

04 - 9885068

# Teeth Whitening

Your smile creates an immediate, subconscious, visual impact on people you meet. A brighter smile gives the impression of youth, vitality, radiant health, happiness, and warmth. A bright smile is perceived as a healthy smile.

Teeth whitening remains one of the most economical ways to enhance your smile.

## What Made My Teeth Change Color?

### 1. Food and Drink

Coffee, tea and carbonated drinks are some major staining culprits. What do they have in common? Intense color pigments called chromogens that attach to the white, outer part of your tooth (enamel).

### 2. Tobacco Use

Two chemicals found in tobacco create stubborn stains: Tar and nicotine. Tar is naturally dark. Nicotine is colorless until it's mixed with oxygen. Then, it turns into a yellowish, surface-staining substance.

### 3. Age

Below the hard, white outer shell of your teeth (enamel) is a softer area called dentin. Over time, the outer enamel layer gets thinner with brushing and more of the yellowish dentin shows through.

### 4. Trauma

If you've been hit in the mouth, your tooth may change color because it reacts to an injury by laying down more dentin, which is a darker layer under the enamel.

### 5. Medications

Tooth darkening can be a side effect of certain antihistamines, antipsychotics and high blood pressure medications. Young children who are exposed to antibiotics like tetracycline and doxycycline when their teeth are forming (either in the womb or as a baby) may have discoloration of their adult teeth later in life. Chemotherapy and head and neck radiation can also darken teeth.

## How Does Teeth Whitening Work?

Teeth whitening is a simple process. Whitening products contain one of two tooth bleaches (hydrogen peroxide or carbamide peroxide). These bleaches break stains into smaller pieces, which makes the color less concentrated and your teeth brighter.

## How long will my teeth stay whiter?

The effects of whitening are thought to last up to three years. However, this will vary from person to person. The effect is less likely to last as long if you smoke, or eat or drink products that can stain your teeth. Ask your dentist for their opinion before you start the treatment.

