

TEETH WHITENING

Bleaching in dentistry is a **cosmetic procedure** where **special whitening agents** (usually hydrogen peroxide or carbamide peroxide) are applied to the teeth to **lighten their color and remove stains**.

Bleaching Procedure for Teeth:

1. Lightens Tooth Colour

Bleaching uses safe whitening gels to make your teeth several shades lighter.

2. Done at Clinic or at Home

The dentist can whiten your teeth in one visit, or give you custom trays to use bleaching gel at home.

3. Quick and Comfortable

The procedure is usually painless, taking about 30–60 minutes in the clinic.

4. May Cause Temporary Sensitivity

Some people may feel mild sensitivity for a day or two, which goes away on its own.

5. Needs Good After-Care

Avoid tea, coffee, smoking, or coloured foods for 24–48 hours to keep the whitening results stable.

