



Dr. Pamela Marzban

*Experience how subtle changes can transform
your health, your confidence, and your life*

Teeth Whitening...What You Should Know.



With the holidays around the corner, everyone seems to be coming in to whiten their teeth for their picture perfect moments. So before you start using whitening products that you may be completely unfamiliar with, you may want to read this article.

If you want to whiten your teeth, the best place to start is with a healthy mouth. Tooth decay, sensitive or cracked teeth, infections or periodontal (gum) problems should be diagnosed and treated before any teeth whitening procedure. Otherwise, you could experience discomfort. If using the right products, the whitening process is safe; however, it can aggravate existing problems.

Rather than heading to the local cosmetic counter or shopping mall in search of teeth whiteners, start with a dental check up. This way, we can diagnose the cause of discoloration—injury, stains from food or tobacco, antibiotic treatment and so on. Whitening products only work on natural tooth enamel, not on crowns, veneers, bonding materials or tooth colored fillings. Does this mean if you have any of the above mentioned conditions you are stuck with yellow teeth? Absolutely not! The diagnosis is important; from there, we can determine whether whitening will work for you and which product will suit you best; otherwise you could be wasting time and money!

Studies have shown the first thing a person notices when they meet you is your smile. Being a cosmetic dentist, I am aware of how desirable it is to have white, bright teeth and how it impacts your confidence, well being, and your entire life. By seeing a trained cosmetic dentist, you can achieve not only a whiter, more attractive smile, but one that is healthy and contributes to your overall health. For more information about whitening and to check out our holiday whitening gift ideas and specials, I encourage you to visit our website or set up a complimentary whitening consultation with our well trained and knowledgeable team. Happy Holidays!

703.323.8200 • www.marzbandds.com

8996 Burke Lake Road, Suite 101, Burke, Virginia 22015

e-mail: care@marzbandds.com

