

CAN YOU WHITEN BONDED TEETH?

By Dr. Pamela Marzban

While this may not be a major health topic, it is one of the most frequently asked questions that people bring to us. I bet every one of you knows a person that has one front tooth that just stands out because it is discolored or mismatched. Can you picture their smile... perhaps it's your own.



Photo By: Dr. Pamela Marzban

Tooth bonding is done with composite resin and used to fix chipped teeth, hide demineralization marks or discolored teeth or change the shape of one's tooth. It is a great restorative option but the drawback is that it can easily discolor.



Photo By: Dr. Pamela Marzban

So "can you whiten bonded teeth"? Yes, but while the remaining enamel will whiten the bonded area will not. Composite resin cannot be whitened. The good news is that there are options. One idea is to go ahead and whiten your teeth if you are unhappy with how yellow your smile is and then any bonded area that

stands out, ask your dentist to upgrade it with a new composite restoration that matches your new color. Maybe you like the color of your smile but you have that one tooth that really sticks out... in this case, you can upgrade your composite to refresh its appearance or change to a porcelain veneer which is naturally stain resistant and maintains its luster for years at a time.

If you already have bonding on a tooth, the first step to keeping it white is with a thorough at-home oral hygiene routine. Brush and floss your teeth twice a day to remove surface stains and help prevent decay. In addition to your home routine, biannual visits with your hygienist will keep your teeth bonding polished and white for several years. Avoid activities that can stain your teeth such as consumption of tea, coffee and red wine and refrain from smoking.



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You don't have to feel married to your bonding unless you want to be. My advice is to enjoy life, take care of your oral health, and if there is something that you are tired of looking at in your smile... fix it! It can make a world of difference to your self-confidence and how you carry yourself in all your day to day interactions. I cannot begin to tell you how many times we hear "I wish I had done this sooner!" I hope you found this helpful and if it's appropriate please pass it on to that person you may have thought of in the introduction... you can be the start of such positive change in their life.



Dr. Pamela Marzban is a dentist in practice in Fairfax County. If you have dental questions you can call her at 703-323-8200 or visit her at www.marzbandds.com