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## Ask the Expert: Teeth Whitening Lights

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Q: What's better for whitening teeth - a laser/light or peroxide trays?

A: Whitening results vary by patient, and no single method is best overall, but according to a recent [Clinicians Report](#) (a well-respected dental source) "Reduction in tooth lightness was not different for light vs. no light treated teeth." The effect of a light in addition to traditional bleaching appears to be

minimal for most patients.

Personally, I like to boost the whitening process in office and make trays for patients to use at home to make touch ups as needed. You will also have the tray for years, which minimizes the future cost of further whitening and lets you choose your level of whitening. Note-the lights have not been found to be effective in whitening. This is why I quoted from two separate well-respected dental sources.

Professional teeth whitening costs start around \$300, and there are many options depending on your desired level of whiteness, budget and time frame.



-Dr. Brian S. Friedman, DDS, <http://www.drbranfordman.ca>.

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