



## Does Dentistry Confuse You? You're Not Alone.

Your Common Dental Questions  
Answered With Dr. Joshua Stamper  
At Bluegrass Dental

### Q: What is the best way to whiten my teeth?

**A:** Safe tooth whitening and/or bleaching is not a process that is accomplished by some fancy looking light, battery powered light made in China with questionable over the counter whitening gel you wear in a one size fits all tray for 20 minutes a day. In fact, whitening this way can actually cause a lot of harm to your mouth as the material is allowed on the gum tissue where it can cause a chemical burn. Additionally, light activation of whitening gels isn't needed as the studies show it has little to no effect other than allowing the user to take an interesting "selfie."

Professional whitening involves using an FDA approved and regulated chemical which breaks down colors and actually bleaches or lightens the color of the teeth, which removes both surface stains and lightens the color of the tooth. This material is expressed into a custom fabricated tray that fits only your teeth and allows the material to stay on the teeth, where it belongs. This is the process we use at Bluegrass Dental, and we provide this as a free service to reward all our patients who value their oral health.

### Q: Are my silver fillings bad for my health?

**A:** No, silver fillings are not harmful to your systemic health. However, if the silver mercury filling is large and poorly done, they have a tendency to break down and leak allowing new bacteria into the tooth, or even cause the natural tooth to fracture. In this case, usually only a crown will fix this.



Be wary of any dentist that tells you your silver fillings need to be replaced because they are bad for you. I always take pictures of these teeth and show my patients so they can see what I see, in order for them to make an informed decision and agree with the condition I am describing to them. If you do not like the look of your silver fillings, they absolutely can be swapped out for tooth colored fillings, if that is your choice.

### Q: What is a veneer/smile makeover?

**A:** A veneer is a thin porcelain covering that is bonded to the front of a tooth in order to correct dental issues including worn tooth enamel, uneven tooth alignment or spacing, tooth discoloration, and chips or cracks. In order to do so, a small portion of the tooth's enamel is removed to allow the veneer to fit and cover the tooth properly.



Not all veneers are made the same. During a smile make-over, the dentist must take into account your bite, lip support, and facial esthetics in order to determine the best size, shape, and color of your new smile. From here, your dentist needs to communicate with a qualified laboratory for the design and fabrication of your new smile- a step most dentists will skip out on. At Bluegrass Dental, Smile design and makeover is one of our favorite procedures!

### Have a question?

Dr. Joshua Stamper will personally respond to questions sent to [office@bluegrassdentist.com](mailto:office@bluegrassdentist.com)