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## Book information

**Authors:** Van B. Haywood  
**Title:** Tooth Whitening  
**Subtitle:** Indications and Outcomes of Nightguard Vital Bleaching  
**Short text:**

### **Bleaching: The First Step to a Beautiful Smile**

Often patients present in the dental office unhappy with their smile but daunted by the prospect of costly, lengthy, and possibly painful dental treatment. In almost every case, bleaching is ideal as an affordable and noninvasive first step in esthetic treatment. In fact, for some patients, it is the only treatment necessary; for others, having whiter teeth is motivation to pursue further treatment, such as orthodontic or restorative procedures.

### **For Patients, Seeing Is Believing**

This pictorial atlas illustrates the results achieved by the author over the course of more than 15 years of providing nightguard vital bleaching to his patients. Full-color before and after photos demonstrate how this approach has provided a more beautiful smile to a wide range of patients, including those with naturally yellow teeth, white splotches, nicotine or tetracycline stains, a single dark tooth, or existing restorations that no longer match their teeth. These case presentations make this book an invaluable chairside tool for educating and motivating patients and, most importantly, provides them with realistic expectations for the outcome of treatment, perhaps the single most important factor in patient satisfaction.

### **Expert Clinical Guidance Improves Results**

Tooth Whitening also provides the clinician with practical information regarding the use of nightguard vital bleaching, such as indications and contraindications, step-by-step procedures, treatment times, longevity, and special considerations for patients with sensitivity and other existing tooth conditions. In addition, practical clinical tips are presented throughout the book for specific case scenarios, making this comprehensive resource a must-have for clinicians wanting to integrate this popular and versatile treatment option into their daily practice.

### **Contents**

Chapter 1. Diagnosis and Treatment Planning for Bleaching  
Chapter 2. Typical Tooth Discolorations  
Chapter 3. Partial Tooth Discolorations  
Chapter 4. Tetracycline-Stained Teeth  
Chapter 5. Vital or Nonvital Single Discolored Tooth  
Chapter 6. Bleaching with Restorative Treatment  
Appendices

**Categories:** Esthetic Dentistry, Patient Education