

## urban life

### Best Beauty Bets: Teeth Whitening to the Rescue

BY ADRIENNE PAPP FOR LA2DAY.COM 30 APR. 2008



After a bad teeth-whitening experience, I decided to find the best doctor there is in Hollywood. After all, most everyone wants to have the perfect smile in tinsel town and finding the best doctor could be as easy as walking the Hall of Fame. It may take time, some trials and errors, but there is a huge reward in the end. Dr. Fugier's specialty is correcting the problems created by those with less expertise, and promises excellent results with no pain at all. My teeth are now white and bright, and if I put on my Hollywood outfit I melted into the demand of perfection pretty flawlessly. Well, almost. A few more procedures maybe needed.

Just to uncover the myth about teeth whitening, which is not even practiced in most parts of the world, let's take a closer look and find out how your teeth can turn darker than ever in the wrong hands or get brilliant bright in the right ones.

After 25 years of experience, Dr. Fugier's preferred method of teeth whitening is the latest technology of in-office Laser or Power Bleach followed by home bleach trays for follow up and maintenance. His staff is highly trained and they discuss each case before determining the exact product to be used. This is of utmost importance. If you get the wrong treatment your teeth can turn into the color of a ripe lemon.

"Not all patients are good candidates for teeth whitening," says Dr. Fugier. "Some have too many composite fillings on the front teeth, or old crowns. After teeth whitening, these old composites and crowns end up much darker than the bleached teeth and have to be changed."









The two types of teeth whitening products available for home use are whitening toothpastes, which have a gentle chemical or polishing agent for surface stain removal, and peroxide-based whiteners, such as whitening gels and strips. The latter actually bleach the teeth, changing the natural tooth color and help remove both deep and surface stains.

No matter which product you use, **whitening isn't permanent and the process will need to be repeated periodically if you want to maintain the lighter color.**

Variations depend on current and desired tooth color, consumption of tea, coffee, red wine, and how well you care for your teeth.

Additionally, everyone's teeth bleach differently, making it a bit unpredictable. Therefore, results are best when you are in the right hands.

For more information, visit [www.ericfugier.com](http://www.ericfugier.com) or call 310.859.1575

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