**Teeth Whitening**

Dr. Adly Wilson provides a variety of services at Greenbelt Dental Care, his independent dental practice in Greenbelt, Maryland. In addition to providing routine dental care, such as cleanings and fillings, he also offers several cosmetic procedures. Once of the most popular of these procedures is teeth whitening, which aims to remove stains and discolorations on the patient’s teeth, thereby brightening his or her smile. Dr. Adly Wilson offers two different teeth whitening options to his patients.   
  
Among teeth whitening procedures, two options are commonly offered. The first of the options, in-office whitening, provides immediate results. After applying a protective gel to the patient’s gums, a dentist applies a special gel to the teeth. This gel reacts with light or lasers, and makes the teeth whiter. After the short procedure, staff members provide the patient with tools for at-home touch ups.   
  
A second option commonly offered by dentists is tray whitening, which is a more gradual procedure. First, a customized tray is created at the office, and the patient is given all the required materials and instructions. By applying whitening agents to the tray and wearing it for 30 to 60 minutes at a time, the patient whitens their teeth gradually at home.