

# Tooth whitening

*The safe way to a whiter, brighter smile*

## Facts

Whitening can only be done in a healthy mouth. The active ingredient in tooth whitening gel is carbamide peroxide in a glycerine base.

Fillings and crowns do not change colour and may need to be replaced afterwards. The amount of colour change is difficult to predict.

Whitening can usually be carried out on a patient with sensitive teeth; however, care may need to be taken and desensitising agents applied. Whitening may cause sensitivity, but this can normally be controlled.

The whitening gel does not change the colour at the gum margin very much, while some causes of discolouration are more difficult to whiten.



## Procedure

We usually do at-home-whitening as it is easier to control the colour change and any sensitivity.

Impressions of the teeth are taken so that a laboratory can make up whitening trays. These are a bit like a gum shield in which the whitening gel is placed.

A shade match for the teeth is taken so we can monitor any changes. The whitening trays are worn in the evenings or overnight.

Treatment time varies and can usually last from a few days to a few weeks, or occasionally a few months.

We advise that you abstain from smoking during treatment and also reduce consumption of staining foods such as tea, coffee, red wine and curries.

If stains build up again, you may want a top-up whitening course, lasting between four days and one week. Your custom made trays can be used again and again and you may be buy additional whitening gel from the practice.

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Tooth whitening is a simple yet very effective cosmetic treatment, that can really make a difference to your smile.

The procedure involves wearing specially made trays (similar to gum shields), containing a mild bleaching solution for a few hours each day and for a specific period of time, as advised by your dentist.

Although it's very safe, tooth whitening must always be carried out by a qualified, registered dentist.



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