



Teeth Whitening

Many of us have discoloured teeth that we are not happy with. It is often caused by diet. Too much coffee, too much red wine - smoking is also a significant factor in staining our teeth. Sometimes, a lack of knowledge about oral hygiene can also be a contributory factor.

If we want to keep our teeth looking as white as possible, it is important that we follow the dentist's advice on how to clean our teeth and look after our gums. The problem is that not all of us are as conscientious about looking after our teeth as we could be.

For all of these reasons, teeth whitening treatments have become more and more popular amongst adults. We all want to look our best, feel confident and feel self-assured. Knowing that we can smile, talk and eat without people focusing on our teeth makes a big difference to our self-assurance in social situations.

Tooth whitening has become a widely accepted treatment. As you would expect with any treatment, it is important that you visit an experienced dentist who will check the health of your teeth and gums first; in fact, providing teeth whitening whilst not being a registered dental profession is a criminal offence. This leaflet from the General Dental Council will tell you that tooth whitening is a straightforward treatment. Done wrongly, however, it can damage the teeth, lips and gums.



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With professional whitening treatments, you will usually see a difference in the colour of your teeth over a period of around four weeks. After your consultation, if both you and the dentist agree that the treatment is appropriate, the dentist will take impressions of your teeth for a custom made whitening tray. At your next appointment, your whitening tray will be fitted and you will be shown the appropriate amount of whitening agent to use. In most cases, this agent is a gel that contains carbamide peroxide.

Most professional whitening products require the patient to continue the treatment in their own time. You will also be given a mild version to apply yourself at home. This ensures that the whitening process is continuous. Patients are required to stick to the instructions and complete the treatment to get the best results.

Once your teeth have been whitened, it is also important that you look after them properly to stop them becoming discoloured or stained again. Talk to your dentist or hygienist about changes you could make to your diet to protect your teeth. Stopping smoking is one of the most important things you can do to retain the lightness achieved.

The price of teeth whitening can vary depending on the type of treatment and the materials used.

Teeth Whitening – The Positives

- It produces whiter teeth
- Can be used at your convenience
- When administered by a dentist, it is safe, fast and effective.



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Teeth Whitening – The Negatives

- Occasional temporary sensitivity
- Occasional temporary white spots although they do disappear
- Can take quite some time to take full effect.
- May require replacement the replacement of restorations, veneers or crowns to match new tooth colour
- Patient compliance is critical for success

Teeth Whitening – Frequently Asked Questions

Q: What is teeth whitening treatment?

A: *Teeth whitening is an aesthetic dental treatment designed to change the colour of teeth safely. Actually, the whitening agent removes stains or other discoloration that your teeth might have.*

Q: What kind of stains can it remove?

A: *Teeth whitening can remove stains that are caused by coffee, cigarettes, wine or medications such as antibiotics like tetracycline. Also a big problem is ageing which causes teeth to lose their bright colour.*

Q: Who is it not suitable for?

A: *Pregnant women, those who are breastfeeding or anyone under the age of 18.*

Q: Will the dentist do an oral examination before the procedure?

A: *Yes, the dentist is going to not only make an oral examination but he will review your oral history and he will give you a teeth whitening treatment plan so that you can enjoy your whitening procedure.*



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Q: What if I have fillings, dentures, crowns or porcelain restorations?

A: We can only remove stains from the enamel surface. Fillings, crowns and permanent restorations do not change colour and will have to be changed to a similar colour. Do not worry, our dentists will make sure your teeth are whitened to an even shade. If you require additional treatment, it can be done in our clinic.

Q: Is teeth whitening treatment painful?

A: Some patients can experience some sensitivity to hot or cold food and drinks. This is a temporary side effect that usually ends when treatment is completed or within 48 hours if treatment is interrupted. We advise patient's to postpone treatment for 48 hours if the teeth become sensitive.

Q: After teeth whitening treatment, what should I eat or drink?

A: We advise every patient not to eat and drink anything coloured between 24-48 hours. So it is simple, if you see anything coloured in your plate or in your glass you say no for a short period of time. Also as you probably guessed you cannot smoke anything for the same period of time.

Finding out more is easy...

To find out more, or to book in for a consultation, simply give us a call on the number below or email us:



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