

Tooth whitening

What is it?

Like hair and skin, teeth vary in colour. Some are yellower and darker than others, even when they are quite healthy. Teeth tend to get darker as people get older.

What will my dentist do?

There are two ways of whitening your teeth. One takes place at home and the other in the dentist's surgery.

Home whitening works like this:

The dentist will give you weak whitening gel to use at home, in a tray which fits closely round your teeth. The tray makes sure that the gel does not sting your gums. You will need to put the tray in your mouth for a few hours on several occasions, as instructed by your dentist (probably over a period of weeks).

The dentist will need to make moulds of your mouth (called impressions), so that a whitening tray can be constructed. At your next appointment, your dentist will check that the tray fits and show you how to put the gel in the tray at home.

Whitening in the surgery works like this:

Your dentist will use a stronger whitening gel than is used for home whitening. Dentists use this method to whiten all the teeth at the same time in either your upper or lower jaw.

The dentist will protect your gums. They will paint the whitening gel onto the teeth and either shine a special light at them or just leave the whitening gel on the teeth for some time. The whitening gel is then washed off with water.

Your dentist will make a note of your tooth colour using model teeth in different shades before they treat you. Look at the colour match yourself before the treatment, so you can compare it with the colour after whitening. Your teeth may be sensitive to hot and cold food and drink for a few days after whitening.

Zoom 2 Power whitening

A safe, non-invasive and pain-free tooth whitening procedure which is performed at the practice in just over an hour. Power whitening is ideal for those patients who simply want to lighten their teeth and be confident to smile! Many people undergo power whitening before big occasions (like their wedding day!) when they want to look their best!

This modern cosmetic dental treatment is an in-surgery procedure, which means that your teeth are whitened while you relax in the dental chair, watch a movie or even take a nap and in just over an hour, you will leave the practice with a whiter, brighter smile!

What are the benefits?

Whitening improves the appearance of your teeth without removing any of the natural tooth surface.

Whitening changes the colour of your teeth, but not the shape, so it can frequently be an excellent adjunct to veneers or crowns.

For more information on tooth whitening please contact us

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