

Teeth Whitening

If you are looking to turn back the clock, or just simply brighten up your smile for a fresh healthy look, teeth whitening may be just the answer. There are two types: home whitening and in-surgery whitening. Both techniques use a gel which contains a whitening agent.

HOW DOES HOME WHITENING WORK?

Having treatment at home allows you to benefit from great whitening results, in the comfort of your own home, at a time that suits you. This technique means your teeth gradually lighten, usually over around 2 weeks, and you can stop at any time should you feel you have achieved your desired result.

The treatment involves taking an impression of your teeth to manufacture custom-fitted trays for you. The starting shade of your teeth is recorded, and you are supplied with a gel which is placed into the trays. Depending on the gel, the trays are worn either overnight or for a certain length of time each day. Some of the greyer shades of teeth may require an extended period of whitening.

Home whitening is very effective, and can be topped up to preserve the results. Once you have the trays, your dentist can supply you with further whitening gel when necessary.



Power whitening - BEFORE



Power whitening - AFTER



WHAT ABOUT IN-SURGERY WHITENING?

This procedure is undertaken in the dental surgery. The appointment lasts around 2 hours. As with home whitening, the shade of your teeth is recorded before the procedure. Once the teeth have been isolated, and your gums and lips have been protected, the whitening gel is placed onto your teeth and a light is used to activate the gel for about 20 minutes. The gel is then changed and the process is repeated a few times. Upon completion, the final shade is recorded and photographs are taken to compare and measure the result. There is an instant result, however, dehydration of the teeth can sometimes give a falsely enhanced result, which can lead to disappointment when the teeth rehydrate many hours later. For this reason, in-surgery whitening is commonly followed up with home whitening to speed, enhance, and build on the quick result.

IMPORTANT TO KNOW

Should you want whiter teeth, and you have visible crowns, bridges and veneers, or tooth coloured fillings in your front teeth, please be aware that these will not change colour with tooth whitening, and you should be prepared to replace them. Make sure you discuss this with your dentist.

