

A Guide to Teeth Whitening



From
**£27 per
month***
0% finance
available

Maintaining A Bright, Healthy Looking Smile

Bright, white teeth are a great confidence boost as they are often subconsciously associated with good health and youthfulness. There are a number of things we can do to help maintain the brightness of our teeth including:

- Using a fluoride toothpaste
- Avoiding over consumption of food and drinks that cause staining, such as red wine, tomato-based sauces, coffee, curry etc.
- Brushing and flossing twice a day
- Visiting the hygienist regularly
- Avoiding smoking and chewing tobacco

What Causes Teeth To Discolour?

Over time, despite our best efforts, our teeth can become dull and discoloured. Common causes of discolouration include staining from smoking, food and drink.

What Does Teeth Whitening Achieve?

Teeth whitening can be a very effective way of lightening the natural colour of teeth without removing any of the tooth surface or causing damage. Professional teeth whitening removes surface extrinsic stains, as well as deeper intrinsic stains.

Is Teeth Whitening Treatment Suitable For Everyone?

Your dentist will advise whether you are a suitable candidate for teeth whitening. Teeth whitening can only lighten your teeth colour and will not necessarily make your teeth completely white. The treatment will only work on natural teeth and not on any types of false teeth, such as dentures, crowns and veneers you may have.

It is important to be aware that professional teeth whitening can only be legally and safely provided by a dentist or dental hygienist (under the prescription of a dentist).

What Type Of Teeth Whitening Is Right For Me?

There are many different teeth whitening options. The most widely used option uses a bleaching agent containing safe levels of peroxide. Your dentist will be able to advise you on the most suitable teeth whitening treatment for you.

How Does Dentist-supervised Home Teeth Whitening Work?

Many people find that one of the many dentist-supervised home whitening treatments, such as Boutique Whitening, is the most effective way and convenient way to whiten their teeth. Following a full dental examination to assess the overall health of your mouth your dentist will take some photographs to determine the existing shade of your teeth. An impression or digital scan will then be taken and sent to the dental laboratory, where your bespoke, custom-fit whitening trays will be made.

Your trays will be fitted at the practice and your dentist will show you how to continue the whitening treatment at home, with regular visits to the practice in order to monitor progress. The total length of treatment can vary depending on the degree of discolouration and the desired shade. In most cases, treatment is completed within two-four weeks.

Does Teeth Whitening Cause Sensitivity?

Some people may find that their teeth become sensitive to cold during or after the treatment. Others may experience discomfort of the gums, a sore throat or white patches on the gum line. These symptoms are usually temporary and should disappear within a few days of the treatment finishing. Your dentist will be able to advise on how to manage sensitivity if the need arises.

Over-the-counter Whitening Treatments Versus Dentist Whitening

Over-the-counter whitening treatments differ from treatments undertaken by a dentist in the following ways:

- The bleaching agents provided by the dentist are generally stronger, work faster and are more effective than those in over-the-counter products
- The dentist will ensure that your custom fit trays sit comfortably and safely in your mouth, for even coverage and to prevent the bleaching agent touching and potentially damaging your gums
- A dentist will provide an overall treatment plan to determine the desired shade and deal with any replacement fillings or crowns needed to match your new whiter shade, as these will not respond to whitening treatment

Caring For Your Teeth After Whitening Treatment

Once your teeth have been whitened, it is also important that you look after them properly to maintain the brightness of your smile. The effects of whitening will generally last up to three years, though this will vary from person to person and is influenced by diet and smoking. In addition to good oral hygiene you can maintain the effects of whitening with periodic top up treatments as required.

The Next Step

If you would like to know more about teeth whitening, **Speak to one of our team today:**

Call us now on **01277 289096** or
Email us at **info@together.dental**

www.together.dental