

TOOTH WHITENING

Tooth whitening has been carried out in the USA for over 40 years now. It is a very simple way of brightening up a smile. I have carried out tooth whitening for almost 20 years and most of my patients have been very happy with the results.

As of October 31st of October 2012, there is, in practice, only one way to whiten your teeth. This is through a system of **HOME BLEACHING** where I advise the use of a 10% carbamide peroxide gel.

When you do **home bleaching** you will have impressions taken of your teeth and the lab will make clear rubbery trays to fit your teeth. You will come back to make sure that the trays fit well and you will be instructed on how to apply the gel into your trays. We will give you home bleaching material to last for at least 12 applications in both the upper and lower jaw trays. You will wear your trays for the minimum of 1.5-2 hours every day or overnight (this leads to quicker results). Most people will be very happy with the results from a two week treatment, but you can never guarantee a specific change in colour. I have seen some very good results with this technique.

The treatment will be preceded by shade taking and photography of the existing colour of your teeth. You should expect to have higher than usual sensitivity of your teeth during the treatment period. This can be treated and is usually short lived. However on the whole, very few patients do suffer with sensitivity.

Most patients will usually not have to bleach their teeth again for 3-4 years and even then there is normally only a small top up needed. If you keep your trays, the top-up treatment will be of little cost to you.

Home bleaching is a very gentle way of whitening with little or no sensitivity and very good results. **But it is not for you if you are not ready to commit to wearing the trays.**

Costs:

Home bleaching: £399.00

Includes: 2 trays with tray holder
8 syringes of 10% carbamide peroxide gel
1 tube of tooth mousse - for treating sensitivity
(Any extra gel is charged at an additional price)

Expect 2-3 visits to the surgery

Hope this information sheet answers most of your questions and remember: I'm always here to help out!

Kindly,

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