

# TEETH WHITENING

*At E14 Dental Centre & Wapping Dental Centre*

## Introduction to Teeth Whitening

Welcome to our tooth whitening service at E14 Dental and Wapping Dental Centres..

There are many reasons teeth darken or discolour. Your teeth may have lost their natural brightness due to stains from food, wine, tea, coffee, smoking or just getting older. Damaged and dead teeth often look darker. Safe Teeth whitening does not harm your teeth or compromise the enamel hard coating that protects the teeth.

Before



After



## Who?

By law only Dentists (all registered Specialist Orthodontists are qualified dentists) and dental therapists and dental hygienists working to the prescription of a dentist may carry out teeth whitening in the UK. **It is illegal for anyone else to carry out teeth whitening** (for details see General Dental Council ([www.gdc-uk.org](http://www.gdc-uk.org))).

## Why?

### Confidence, Attractiveness and Health

Don't hide your teeth, talk behind your hand or smile without showing your teeth. You will be able to look in the mirror; be pleased with your smile, laugh out loud and look younger with bright white clean straight teeth.

## How?

Before treatment, we offer a professional consultation including an examination to ensure you don't have any tooth decay or sore/swollen gums, discuss options available and give you a very clear idea of the likely results and any problems you may encounter. We use shade samples to establish your teeth's current colour and show you samples of the colour you are likely to achieve after whitening. Some teeth respond slower than others, and may need a longer period to get to the desired shade. We try to achieve a realistic result of at least 2-4 shades whiter, but there are no guarantees.

After an initial consultation and agreement on your treatment plan, impressions (moulds) of your teeth will be taken and sent to our laboratory who custom make whitening trays to the exact measurements of your mouth, and ready to collect after 7 days.

In the meantime, we strongly recommend a 30 minute appointment with the dentist for an *Airflow* clean and scale, the cost of the hygiene visit is £70. This visit will remove any plaque or tartar build-up missed or not removed by tooth brushing and will clean and polish your teeth to remove any superficial stains. Your teeth will then be best prepared for home whitening.

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## How it works

The whitening gel (bleach) is between 0.1% and 6% hydrogen peroxide and can only be supplied by a dentist. As the active ingredient is broken down, oxygen enters the enamel on the teeth and the tooth colour is made lighter. Depending on the strength of peroxide in the gel, the trays are worn for up to 8 hours per day (or overnight). Treatment time varies from 2-4 weeks. The advantage of this treatment is that the teeth gradually whiten and the patient can decide when to stop or to continue until the desired result is achieved. During treatment you may experience some sensitivity for a short time this is normal and will soon fade away.

**How much does it cost?** The treatment we offer starts at £250.

**How long does it last?** This very much depends on your diet, and whether you smoke, but it will be anything from 3 months to 3 years.

## Keeping your Teeth White for longer

How well you look after your newly whitened teeth makes a big difference as to how long they will stay white. Just as the time it takes to whiten teeth varies from person to person, the time whitening lasts also varies.

### Tips for longer lasting Whiteness;

- Oral Hygiene; Regular brushing twice a day with a whitening toothpaste and regular visits to the hygienist
- Smoking; try to stop smoking.
- Floss or Interdental Brush your teeth regularly.
- Food; Avoid or limit food that can stain your teeth, such as chocolate, carrots and oranges.
- Drink; Avoid or limit drink that can stain your teeth, tea, coffee, strong fruit squashes and red wine.

## Alternative Treatments

### Internal bleaching

Internal bleaching can help lighten the colour of teeth that have darkened due to root canal treatment.

### Power, Zoom or Laser whitening

These are teeth-bleaching procedures lasting 30-90 minutes and performed in a dental surgery. It is not always a comfortable process and these treatments are the most expensive and time consuming at the surgery.

**Over the counter kits / kits purchased online** These products, if legal, are limited to very low concentrations of whitening agents (similar to toothpastes). They might not be safe as shops often fail to declare the precise chemicals used, so it's very difficult to assess their safety.

### Beware there are no 100% guarantees

Darker stained teeth (tetracycline stained) may require a longer period of whitening. The whitening Gel will lighten your natural teeth, but will not lighten crowns, veneers, fillings or internal stains.

**Further Information at** <http://safetoothwhitening.org/>