

## TOOTH WHITENING

The bleaching of teeth has now become a popular, safe and easy method of tooth whitening all over the world.

It can be carried out without causing any damage to your teeth. Some toothpaste manufacturers have marketed "tooth whitening" toothpastes. However, these have been proven to have limited effects and are highly abrasive to your enamel!

In recent years, new techniques have allowed patients to apply carbamide peroxide or hydrogen peroxide to their teeth at home using vacuum formed custom fitted trays. Carbamide peroxide actually penetrates the tooth and lightens the internal colour as well as surface staining via oxidation.

This treatment should be supervised by your dentist and is the most comfortable method known as well as producing the best long-term results. This is achieved without damage to any of your teeth.

### POTENTIAL SIDE EFFECTS

The experiences of hundreds of thousands of patients using home bleaching has shown the following occasional side effects:

- ▶ **TOOTH SENSITIVITY.** This can be minimised by reducing bleaching time and eliminated by stopping bleaching for a day or two. We now have a desensitising system, which can eliminate this side effect completely. We give you a desensitising toothpaste to use a week before you start whitening. 50% of the population will suffer some degree of hot and cold sensitivity. This is impossible to predict, so we warn all clients that this may happen. Even people with extreme sensitivity can whiten their teeth - it will just take longer to complete but you will end up in the same place whether it requires 3 weeks or 10 weeks!
- ▶ **GUM TENDERNESS.** Occasionally, gum tissues become irritated. Sometimes a mild peeling of the surface layer of the gums may occur. This can be minimised by reducing the amount of bleach in your trays (if using too much) or pausing bleaching for a day or two.



### WHAT TO EXPECT

The procedure will require at least 2 short visits spaced 1-2 weeks apart.

- ▶ At the first visit, moulds will be taken of your teeth so that the custom trays can be made for your mouth. A full set of clinical photos will be taken too.
- ▶ At the second visit, the custom trays will be fitted and the instructions for use of the bleaching kit will be explained.

### GENERAL INFORMATION

The speed of bleaching is variable, with an average time for optimum colour change between 4 and 6 weeks for normal home bleaching.

To maintain the shade you have achieved, one night bleaching every 2 months is recommended. You can also top up for a wedding, party or business appointment.

People who regularly use products, which stain teeth, increase the frequency of these additional applications. These commonly include smoking, tea and coffee drinking, and also red wine consumption.

If you run out of bleaching gel, this can be bought from us separately at The Essex Smile Centre.

**There are two options to choose from:**

- 1. THE ESSEX SMILE CENTRE WHITENING SYSTEM £295.00**
- 2. THE ENLIGHTEN WHITENING SYSTEM £595.00**

The main differences are that the Enlighten system provides a premium gel in larger syringes and the whitening trays are made to the highest possible standard in a special whitening laboratory.

Why should I use Enlighten? If you want teeth of the whitest possible shade you should choose Enlighten.

One important thing to remember is that we cannot forecast how white your teeth will go! Some people respond to the peroxides a lot better and quicker than others. Some clients will stop halfway through a treatment as their teeth are becoming too white. Others come back to buy more gels because their teeth are not as white as they would like.



AFTER WHITENING AND INVISALIGN.

## INSTRUCTIONS FOR USE

We will go through the instructions in more detail at the fit appointment, however in summary:

- ▶ Brush and floss your teeth, rinse well.
- ▶ Place a small amount of gel in the tray adjacent to the areas that you wish to bleach (usually on the front surface only of the front ten teeth in each arch), as shown by your dentist.
- ▶ Insert trays, wipe any excess material from the gums with your finger or a tissue and spit out any remaining excess (this will be very little after you are practiced with gel placement).
- ▶ The trays need to be worn as instructed for each gel provided.
- ▶ Upon removing the trays rinse both your mouth and the tray with fluoride mouth rinse. Do not brush your teeth as this may cause sensitivity.
- ▶ If side effects persist, please contact us immediately for advice.

“The most comfortable method known, producing the best long-term results”

Whitening has become a popular, safe and easy method of lightening teeth.