

Tooth Whitening

Tooth Whitening is a quick and painless treatment that can change the shade of your teeth in just a few days. By using a different technique this treatment can also be used to change the colour of individual teeth and can be an alternative to veneers or crowns in many cases

- Before using the Whitening agent you should always brush and floss your teeth thoroughly, to achieve the best result.
- Place a small amount of gel in the tray in the area required and insert the tray into your mouth it will clip into place securely. Only a small amount of gel should run out over the edge of the tray and you can wipe this away with a finger. There is no benefit to overfilling the tray. You will need approx 1/3 syringe per tray per application
- Only insert one tray at a time. You will be able to talk normally.
- Whilst the tray is in place you should not disturb it and do not eat or drink.
- Keep the tray in your mouth for two hours and then remove it. Brush away any remaining material and rinse out with water. The tray should be rinsed under the tap and you can use your toothbrush to clean it.
- You should try to apply the treatment every day for two weeks. If you can't manage this often the result will take longer to achieve but will still occur. You can repeat the treatment more than once a day if you wish to speed things up.
- To get the best results you should try to reduce your coffee, tea, red wine and tobacco consumption for a few weeks whilst you are whitening your teeth and especially immediately after you have removed the tray.
- Store the spare syringes of bleaching gel in the fridge when not needed.
- You may experience slight sensitivity from some of your teeth especially immediately after you have treated them this will resolve on it's own, however you may wish to use Sensodyne toothpaste for a few weeks to help with this.
- You may notice slight inflammation of your gums characterised by redness and maybe bleeding when you brush and floss. If you brush and floss thoroughly every day this will be reduced and will resolve completely when the treatment is completed.
- If you have any other concerns please contact the surgery to discuss them.