

Teeth Whitening - Frequently Asked Questions

How white will my teeth go?

This depends on how white you want your teeth to be, your tooth type and the causes of the original discolouration. We find that yellow shaded teeth bleach more easily than grey shaded teeth. In some instances the teeth can be whitened up to nine shades.

Does whitening harm the teeth and gums?

Extensive safety studies have shown that whitening, under the guidance and supervision of your dentist, is completely safe to your teeth, gums and tissues of the mouth. We have carried out these procedures over many years and the only adverse effect has been slight sensitivity during treatment in a small number of cases.

How long does the whitening last?

The effect can last for up to 18 months and for many people, even longer. However, the longevity is dependent on your eating, drinking and smoking habits. After this time you may wish to have the teeth re-whitened. If you have had whitening trays made for your initial treatment, these can be re-used by simply purchasing the gel from our practice.

When might teeth whitening not work?

Teeth whitening can only lighten your existing tooth colour. Also it only works on natural teeth. It will not work on any types of 'false' teeth such as dentures, crowns and veneers.

Is teeth whitening suitable for everyone?

Your dentist will inform you whether you are a suitable candidate for tooth-whitening. Many individuals do qualify for treatment, but there will be a small proportion of patients who may not be suitable.

If you are not a suitable candidate for treatment your dentist will advise you of his or her findings and may discuss other more suitable options.

How much does teeth whitening cost?

This will depend on the type of teeth whitening you choose. All of your options plus costs will be discussed at your consultation.

**Book a FREE Teeth Whitening
Consultation Today**

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**For more details about teeth
whitening visit our website**

www.summertowndental.co.uk

or speak to a member of our team.

279 Banbury Road
Summertown
Oxford
OX2 7JF

t. 0800 2761081
e. info@summertowndental.co.uk
www.summertowndental.co.uk

All about...
**Teeth
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Teeth Whitening

Whiter teeth can transform your smile and features

Teeth whitening is a successful and simple method of lightening the colour of your teeth. Teeth yellow with age but drinking tea, coffee, colas and red wine all speed up this process. Smoking and other staining agents will also contribute to darkening of the teeth.

The whitening technique removes the staining agent that has penetrated deep within the tooth and is most effective on mildly discoloured teeth. However, darker teeth can also be successfully lightened in colour but the process may take a little longer. The degree of whiteness achieved will vary from patient to patient. We can advise upon the suitability of treatment based upon your teeth and gum condition.



Home Whitening

Home whitening involves the use of custom made trays used over a period of time at home. This technique involves taking impressions (moulds) of your teeth. These impressions are sent off to a laboratory where a technician fabricates custom made trays designed to fit closely to your teeth.

This customisation allows for maximum contact between the whitening gel and your teeth. This system also minimises the gel's contact with gum tissue and reduces any gum irritation.

A whitening gel is syringed into the trays and these are seated for a minimum of an hour and up to overnight.

These trays can be kept and used for future whitening, so further impression taking and tray fabrication is not required.

Successful whitening can normally be achieved after two/three weeks, however, this may vary with certain types of discolouration.



Enlighten Premium Whitening



Enlighten Evolution Whitening is the world's best performing teeth-whitening treatment. We are an accredited Enlighten Tooth Whitening Centre and can **guarantee Vita shade B1**

for every patient as well as long lasting whitening results with low sensitivity.

At your first visit we will take impressions of your teeth and send them to an Enlighten state-of-the-art dental laboratory who will then fabricate high quality bleaching trays for you. You will wear the Enlighten whitening trays overnight for two weeks and then visit us for the final 40 minute in-practice whitening treatment. This final treatment will not only boost the colour but will ensure the whitening is even and natural looking and help the colour to last longer.

For your safety and care

The GDC (General Dental Council) states that only registered dentists, dental therapists, dental hygienists and clinical dental technicians, working to the prescription of a dentist, can perform tooth whitening. This is to safeguard the safety of patients during the teeth whitening procedure. People that are not qualified should not carry out teeth whitening procedures.