

What you need to know about tooth whitening but might not have asked yet!



Do your teeth tell the time?

Seems like a strange question really, but it is a fact of life that our teeth very often give away our secrets. Over time almost everyone's teeth get darker to reflect their age. Many of the things that we enjoy eating and drinking also cause teeth to darken. Red wine, tea and coffee are the most common culprits but there are a host of other foods that can help to make your teeth look darker than they once did.

Research has showed that one of the first things that we notice when we meet someone for the first time is their smile is so it is little wonder that in a recent study more than half of the respondents said that they would like whiter teeth. Yet one major problem exists for most patients.

With the dozens of different tooth whitening systems that are now available ranging from those that you find on the chemists shelf right through to the laser whitening systems. Which one do you choose?

Generally tooth whitening kits that you buy over the counter at the chemists will produce some lightening effect however the active ingredients are not as concentrated as those that you will find elsewhere. The gels are usually used in foam "trays" that are shaped to fit the "average" persons mouth. These very rarely form a snug fit and so the whitening gel leaks away very quickly. To obtain the same results as professional whitening these DIY kits would need to be used daily for many months.

Professional Systems that involve special lights or lasers, have at present been shown to make the teeth no whiter than other methods of treatment. They are however very expensive to buy, maintain and operate which ultimately makes the cost of treatment higher for the patient.

What do we recommend?

Taking all of this into account, we recommend one of two different approaches to our patients. We have focussed on these approaches because we believe that they provide excellent value for money, and produce excellent results. More importantly though we have selected these methods because they are both effective and safe. Our belief is backed by more than 20 years of evidence and research from the America. This means that you can have a brighter more confident smile knowing that the process will not cause any long term damage to your teeth. In fact the only side effect to whitening is that some patients experience temporary sensitivity.

Our Guarantee

For added peace of mind we also offer this guarantee. If your teeth do not look whiter after treatment we will gladly provide you with a full refund of your tooth whitening fees.

If you would like whiter teeth, the only decision you actually have to make is how fast would you like this to happen? Our experience suggests that your final tooth shade will be similar whatever method you choose. Both our systems involve custom made tooth whitening applicators. After a simple impression these are formed exactly to the shape of your own teeth. Once these are ready we can start!

The At home system

With the at home system you apply a tiny quantity of our powerful whitening gel to the inside of your whitening tray each night before bed. The whitening applicators are then worn overnight (or for a minimum of 3 hours) The applicators are only three quarters of a millimetre thick and as such are fairly unobtrusive in the mouth.

The full whitening effect takes around 14 – 21 days

The fast Start system

We start with a 1 hour appointment at the practice. At this appointment we apply a fast start gel to your teeth. This primes the teeth and will also make them slightly lighter at the end of this first visit. After this 5-7 nights home wear with our regular whitening kit is usually enough to finish the job off. The fast start system and the at home system will ultimately get your teeth to reach the same level of whiteness. The only difference is the time taken to get there.

How long does it last?

One final thought, many patients have asked us how long their teeth will stay white for. This clearly will depend on what you eat, drink (and smoke.) The thinks that made your teeth darken originally will continue to act even after tooth whitening. Generally it is thought that it takes an average person about 6-7 years for teeth to fade to the colour they started from.

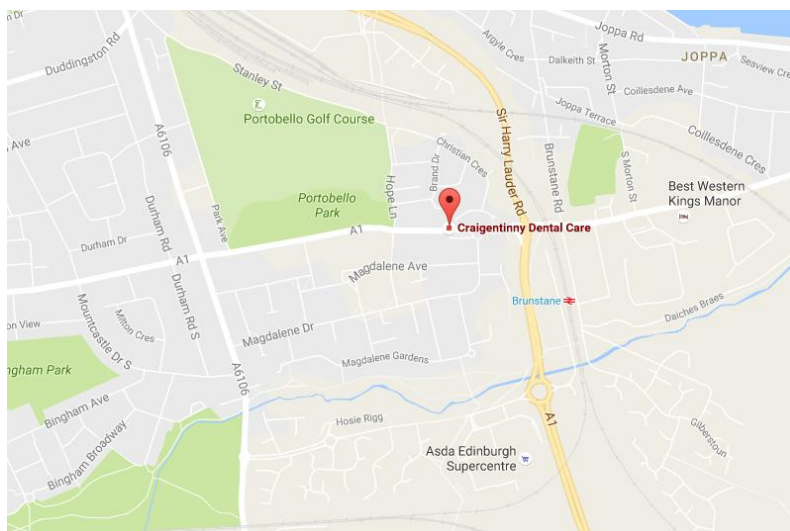
With laser or light based systems patients are usually charged for each use of the light or laser. Thus darkening of the teeth means that you will need to undergo a most of the procedure again often at full price.

Both of our systems however, allow you to touch in your smile for one or two nights as necessary. This is very inexpensive to do as we are able to supply additional bleaching gel at very favourable rates at time of writing around £30 for a single round of touch in gel. What many of our patients do is touch in their tooth whitening once per year to keep maintain the optimum brightness of their smile

Any questions?

Overleaf you will find answers to the most commonly asked questions but better still why not take advantage of the fact that our dentists offer a free tooth whitening assessment and will be happy to answer your specific questions in person.

To book now, just give reception a call on 0131 669 2114 or request an appointment direct on line via our web site at www.craigentiny.co.uk



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Answers To Some Frequently Asked Questions

Who Can Use Tooth Whitening?

Nearly anyone, from the time their permanent teeth come in, can be a candidate for tooth bleaching. If you want to obtain a more confident smile by improving the whiteness of your teeth, consult any of our dentists for guidance.

Is Whitening Safe?

Whitening is gentle and safe when supervised by your dentist. In fact, dentist-supervised whitening has been done for nearly a century, but has increased in popularity in recent years as yellowed teeth are becoming less and less acceptable, both socially and professionally. A number of bleaching material manufacturers have submitted their products to extensive safety and efficacy tests. The results have been resoundingly positive.

How Does Whitening Work?

The whitening gel is a gentle, oxygenating agent that penetrates the enamel and dentin, breaks up deposits lodged in your tooth structure and then carries away the debris.

How Long Will Whitening Take?

You'll see results right away, usually within three days of starting the whitening process. The complete process normally takes between 5 - 18 days, but treatment times will vary depending on the source, type, and depth of the discoloration.

What Is The Process?

The dentist will first check your teeth and gums to be sure that you begin the treatment in good dental health. We will take an impression of your teeth in order to provide you with a custom-fit plastic tray designed to hold the bleaching gel next to your teeth. Following our recommended bleaching program will ensure that you'll notice the results quickly, as the gentle action of the gel begins to whiten your teeth. Treatment time is usually two weeks or less.

Is There Any Discomfort?

There is little, if any. Less than 30% of patients might feel an increased sensitivity during the whitening process. Sensitivity is usually short lived but always disappears within 2 weeks of completion of treatment. We have specific protocols and desensitisers that can help reduce or eliminate this problem if it occurs.

Will Whitening Damage My Teeth?

Not at all. The whitening process will not effect your enamel, tooth structure, bonding or restorations. It has been shown that more damage can be done to the structure of your teeth from 2 cans of fizzy drinks that an entire course of tooth whitening.

How Long Will It Last?

Non-smokers who don't drink coffee or tea often see little or no change for up to five years. But your own long-term results will depend on your habits and the specific foods you eat. Based on those variables, some patients may require a "touch-up" treatment at regular intervals.