

General Information

Tooth whitening is designed to lighten the shade of your teeth. Significant lightening can be achieved in the vast majority of cases, but the results cannot be guaranteed. When done properly, the whitening will not harm your tooth or gums. However, like any other treatment, it has some inherent risks and limitations. These are not often serious enough to discourage you from having your teeth whitened, but should be considered when deciding to have the treatment.

Suitability for Tooth Whitening

Just about anyone is a candidate for tooth whitening. However, people with dark yellow or yellow brown teeth tend to whiten better than people with grey or bluish grey teeth.

Multi coloured teeth, especially if due to tetracycline, do not whiten very well. Teeth with many fillings, cavities, and chips are usually best treated by composite bonding, porcelain veneers or crowns.

Any current restorations you have, such as fillings, crowns, onlays and inlays cannot be whitened. These restorations would need to be replaced if you would like them the same shade as your teeth after whitening



BOUTIQUE WHITENING

from £350



For any enquiries or to make
an appointment, please
speak to our reception team
01935 817 950

Wessex House
Dental Practice



WESSEX HOUSE
DENTAL PRACTICE

Tooth Whitening Information Leaflet

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Home Whitening Process

This process can be done anywhere and anytime. It involves wearing a custom made whitening tray (this looks like a clear, thin mouth guard) filled with mild whitening gel.

You will come in for a short appointment with your dentist where they will take impressions or do a digital scan. This will be sent to the laboratory who will make your whitening trays. 3 weeks later you will come back and your dentist will show you how to use the gels and trays.

You should wear the gel-filled trays for 30-60 minutes per day, or overnight depending on the strength of the whitening gel. You should continue to do this for 1-3 weeks, depending on the degree of whitening desired.

Responsibilities

You must be committed to wearing the whitening trays for the prescribed time. The disadvantage of at home whitening is that the success of the treatment is dependant on your level of commitment.

If you experience any severe discomfort or sensitivity, discontinue the whitening and contact us immediately. Most sensitivity is usually temporary and will subside after one to several days.

Potential Problems

Tooth Sensitivity

During the first 24 hours following whitening, some patients experience temporary sensitivity. This sensitivity is usually mild if your teeth are not normally sensitive. It may be necessary for you to reduce the amount of time you are wearing the trays and stop for a few days to reduce the sensitivity.

If your teeth are normally sensitive, whitening may aggravate this. Under these circumstances, you may choose to delay the whitening process until we are able to complete desensitisation procedures. If your teeth are sensitive after whitening, a mild analgesic such as Tylenol or Advil will usually be effective.

Gum Irritation

This is the result of a small amount of gel leaking from the tray. A burning sensation on the gum may occur, this can be resolved on its own after a few hours. You may also experience burning/swelling of the lips.

With home whitening, irritation can result from over filling the trays or wearing the trays for too long. It may be necessary for you to reduce the amount of gel used and reduce the amount of time you are wearing the trays.

Effects on Fillings

Tooth coloured fillings will not whiten. If the fillings match your current shade, whitening will result in a mismatch of shades. You may need to consider having these fillings replaced to match your natural teeth.

Completion of Treatment

Level of Whitening

There is no way to predict how light your teeth will go with whitening. With home whitening, this can take 2-4 weeks, or longer of repeated applications.

Relapse

Following completion of whitening, pigments found in foods and drinks will re-stain your teeth. You may use daily whitening toothpaste, available in any supermarkets or pharmacies to keep on top of this.

