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## How do I start the Process?

The first step is to have a regular examination and clean with your Dental Professional. They will be able to assess your teeth, determine the appropriate regime for you and prepare you for the whitening process.

## Tooth Whitening



*Creating Smiles with Care*



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## What is Tooth Whitening?

This is a straight-forward, non-invasive procedure that uses either carbamide peroxide or hydrogen peroxide to whiten the teeth. It can be performed either in the dental office or at home using specially made trays. At Toothworkx, we offer at home whitening procedures.

## How is it done?

First of all, your Dental Professional will take impressions of your teeth. They will then fabricate a special tray that fits accurately to your teeth. The whitening gel is placed into the tray and is worn for a recommended period of time. A typical routine with a standard whitening agent usually obtains desired results within 2 weeks.



## Does it always work?

Every result is individual however, the majority of cases will have a noticeable lightening of the teeth after treatment. Results depend on several factors including original shade of the teeth and lifestyle factors. A few achieve a really dramatic result whilst the majority achieve a very acceptable result.

However, it should be kept in mind that tooth whitening will not:

- Lighten old fillings. For a filling to match the new whiter teeth it has to be replaced.
- Affect the discolouration caused by hidden decay or reduce the dark shadow associated with old amalgam fillings.
- Change the colour of stained calculus or similar deposits. These need to be removed before treatment starts.

Teeth that have deep, in-built stains caused by the taking of tetracycline antibiotics during early childhood are particularly resistant to whitening. However, in some cases improvement can be obtained.

## How long does it last?

The majority of patients will retain their new shade for at least 6 months. This does however, depend on a person's lifestyle. People who drink a lot of dark coloured drinks or are smokers are less likely to retain the lighter shade for longer periods of time.

An advantage of the treatment is that, if required, the teeth can be given a 'touch up' at any stage by using the tray and whitening gel over a few nights at home. The appropriate brushing and flossing routine can help maintain the results obtained.

If old fillings have to be replaced, it is usual to wait until the whole whitening process has been completed and the shade has settled before choosing the colour for the new fillings.

## During Treatment

Sometimes teeth can become sensitive, especially to cold, during home whitening. Often this will subside within a couple of days. Toothworkx takes precautionary measures before, during and after treatment to keep sensitivity to a minimum. Many whitening gels now also contain agents to help minimise any sensitivity.

