

7 Top Tips on Tooth Whitening



1. Can anyone have their teeth whitened?

This may sound obvious, but it is important that you do have all your own teeth. Crowns, veneers and bridges are manmade and have been created to match your real teeth and will remain unaffected by the treatment, which can mean you end up with a mismatched smile instead of the stunning white smile you intended. If this is the case, there are options available to you which a dentist should explain before you start the treatment so you can avoid this happening.

2. Is home whitening effective?

Home whitening kits purchased online or in a store should be used with caution as the poorly moulded mouth guards allow leakage of the bleaching solutions which can over sensitise your gums. It is necessary to do this for prolonged periods for the treatment to be effective as the solution is less effective than the professional home whitening alternative. If you are considering home whitening as opposed to professional whitening, then use a whitening kit obtained from a dentist as the trays will be made to fit your teeth perfectly and eliminate unnecessary overspill and sensitivity.

3. Will whitening make my teeth more sensitive?

Some people naturally have more sensitive teeth and increased sensitivity can occur following teeth whitening treatment if the enamel has been lost or is very thin. If you are experiencing increased sensitivity stop the treatment immediately and seek advice from your Dentist.

4. It is highly recommended you have a hygiene visit before undergoing any whitening treatment.

Not only does this mean gum disease can be detected and treated even if it is in the early stages but plaque is unaffected by whitening and will mask that part of your tooth from the treatment. So, to get the best results we recommend you have a professional clean first.

6. You will need to use top-up trays to maintain the effect.

Unfortunately, many of us succumb to foods and habits that can cause discolouration to our teeth so for this reason it is necessary to do a top-up every two-three weeks. Smoking, red wine, intensely coloured food like curries are just some of the things that will gradually impact on the whiteness of your teeth but with the custom made top-up trays that your dentist will provide you with, the process is fast and effective only requiring you to do this for a period of ½ hour to one hour at a time and certainly not overnight.

7. How long will my whitening treatment be effective for?

This will change from person to person as it is determined by lifestyle and oral hygiene; so if you drink a lot of black coffee, red wine or cola or enjoy a regular curry then the teeth may discolour more quickly. However, with regular brushing and flossing and a regular professional clean with the hygienist the results should last for two-three years!

Thank you for downloading our Top Tips on Teeth Whitening, we hope you have found this useful. Please call us on 0208 303 7445 for your initial consultation.