

# Tooth Whitening

## **What is tooth whitening?**

Tooth whitening is the procedure which lightens the colour of teeth.

## **What causes tooth discoloration?**

Some of the most common causes include the consumption of highly coloured food and drinks e.g. coffee, tea, red wine, beetroot, and sweets. Other causes are use of some antibiotics at a young age, ageing, trauma and smoking.

## **How does tooth whitening work?**

The active ingredient in our tooth whitening products is carbamide peroxide. This is broken down, oxygen enters the enamel and dentine, and the stains are dissolved away.

## **Is tooth whitening safe?**

Yes, Clinical research indicates that using carbamide peroxide to whiten teeth is safe. There are new studies indicating the safety for use on the soft tissues of the mouth. We do not supply whitening treatment if you are pregnant - there have been no adverse reactions, but long-term clinical effects are unknown.

This type of treatment has been carried out over the last forty years - there is no incidence of tooth damage during that time.

## **Are there any side effects?**

Most patients experience no side effects. Others will develop sensitivity after two or three days - this is temporary, and will subside quickly after ceasing treatment. During the whitening phase, we advise that patients abstain from carbonated drinks, citrus foods, acidic fruit juices and heavily coloured foods.

## **How long will it last?**

Indefinitely, as it is easy to "top-up" once or twice a year. Without a top-up, your teeth will start to re-stain with the same substances that caused them to stain originally.

## **Is tooth whitening suitable for everyone?**

No, your dentist will advise you whether you are a suitable candidate for tooth whitening.

- Pregnant and breastfeeding ladies are advised not to have this procedure.
- Patients should check that they have no known allergy to any of the components of the solution

used.

- Whitening is carried out far less frequently on young patients - the whitening occurs more quickly for these patients, but as the nerves are larger and nearer to the surface of the tooth, sensitivity can be acute so use of the products must be very carefully monitored.
- Patients with severe fluorosis or severe tetracycline staining should be aware that whitening may take a very long time, may not be completely successful and could turn out to be expensive.
- Patients with erosion and tooth wear are not suitable candidates for whitening.
- Patients with large fillings in their front teeth are advised to consider whitening carefully, as the fillings will not whiten as the teeth do. They will be left with dark fillings which may be too large to replace easily.
- Patients with unresolved dental problems must have these investigated and treated before undergoing whitening.
- Think carefully before starting a whitening treatment - is the colour of your teeth the only thing you wish to change, or are there other aspects which you are unhappy with?
- Finally, ensure that you have realistic expectations. We cannot guarantee the degree of whiteness that will be achieved.

### **How is tooth whitening carried out?**

We are offering patients the Colgate Max White Professional or Boutique Home whitening kit; they have the same contents.

To ensure optimum whitening and minimum sensitivity, we provide our patients with upper and lower customised trays which fit over the teeth. These trays are constructed so that the whitening gel is sealed inside the trays - they are flexible and comfortable.

We request that patients follow the manufacturer's instructions carefully. It is imperative that the trays are not used with any other whitening product.

### **What happens next?**

If you are interested in whitening your teeth, please contact our dental team to make a consultation appointment.

If your teeth are all healthy, we can take impressions to construct your whitening trays. Photographs will be taken of your teeth, and a note will be made of their existing shade.

One week later, your teeth will be cleaned and you will be given your Colgate Max White Professional kit.

We would like to see you two weeks later to review progress, but you may contact us at any time during this period if you have any questions.

**The cost of the whitening kit is £295**

**We ask for a £100 deposit at the first appointment, and the balance when you receive your Home whitening kit.**

**Top-up kit: £110.00**

**Home whitening Instruction and Consent Form**

Patients name.....

Date.....

We are planning to whiten your teeth using carbamide peroxide solution. Please read the following instructions carefully.

If you are aware that you have any allergies which may be relevant to this product, please do not proceed with this treatment.

The ammount of whitening varies with each individual. Most patients achieve a change within two to four weeks. Try to reduce the ammount of tea, coffee, red wine, berries and curries during treatment and shortly afterwards.

Sensitivity may result after a few days. This is usually slight or temporary. If this should occur, refrain from using the whitening product for two to three days.

Do not use the whitening product if you are pregnant. There have been no adverse reactions but the long term affects are unknown.

**DO NOT USE THE WHITENING TRAYS FOR ANY OTHER WHITENING PRODUCT>**

It may be necessary to do a top-up treatment in 18-24 months time depending on the ammount of staining.

Research has shown that using peroxide to whiten teeth is safe. There is new research indicating the safety for use on the gums, cheeks, tongue and throat. Even so, we do not advise prolonged use of any whitening product.

*I have read the above information and agree to return for a review in \_\_\_\_\_ days after treatment begins and at any recomended time afterwards. I have read and recieved a copy of this information sheet. I consent to treatment and understand the risks above.*

*I consent to photographs being taken. I understand that they may be used for documentation and for illustration of any treatment.*

Signed: \_\_\_\_\_ Date : \_\_\_\_\_

