

### What is teeth whitening?

A whitening process that lightens discoloured enamel and dentine. It is also the most popular dental cosmetic treatment.

### What causes teeth discolouration?

There are many causes. The most common include ageing, consumption of staining substances (coffee, tea, cola, tobacco), trauma, nerve degeneration and old restorations.

### Who may benefit from teeth whitening?

Almost anyone. Having a whiter, brighter, younger-looking smile can boost your self-confidence. Artificial dental work such as porcelain crowns, veneers and fillings are not responsive to the whitening process. Here your dentist will carry out a preliminary oral examination of your teeth to determine suitability and show you what results you can expect to achieve from teeth whitening.

### What are the main types of whitening treatments?

There are three main types of whitening treatment available in the UK – Power Whitening, Home Whitening and Whitening Toothpastes.

### What are their differences?

Power whitening utilises the state of the art teeth whitening technology that works in just one hour and costs from £450. Home whitening needs to be carried out at home for two weeks and costs from £250. Both give excellent results. Whitening toothpastes need to be used over a long period of time and only marginally help to remove surface stains. Unlike Power and Home Whitening, they do not remove stains embedded in your teeth.

### How do Power and Home Whitening work?

Both treatments use an oxygen releasing whitening gel placed against the surfaces of your teeth. As oxygen enters the enamel and dentine, it whitens the coloured substances. Only the teeth colour is made lighter, while the structure of the teeth remains unchanged.

### Is teeth whitening safe?

Yes. Extensive research and clinical studies indicate that whitening teeth with oxygen releasing gel under supervision is safe for teeth and gums. It will not affect teeth structure, enamel, fillings or restorations.

### Are there any side effects?

Some people may experience temporary teeth sensitivity during the treatment. These symptoms always disappear within 1-2 days of interruption or completion of the treatment. The use of a sensitive toothpaste can help relieve any symptoms.

### How long do the results last?

Your teeth will be noticeably whiter than they were, and the effect can last up to 3 years. However, exposure to tobacco, certain foods and drinks such as red wine, tea and coffee will gradually stain teeth again over time. We advise our clients to return after one year for a review.

### I have read in the newspapers that teeth whitening products bought over the counter in chemists can damage your teeth. Are your products safe?

Various clinical trials have shown that the products we use are safe and effective in whitening your teeth under supervision by our specially trained dentists. Those bought over the counter are not comparable, and without supervision by a specialist, their results can be unpredictable.

### How can I find out more about teeth whitening?

You can discuss teeth whitening with our dentists at Chilwell dp who will be able to answer your more specific questions. Alternatively, you can find out more about teeth whitening on our web site.

### Chilwell dp

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