

WHITER SMILES: Home whitening kits



THE DENTAL PEOPLE

OASIS

WHAT IS TOOTH WHITENING?

AGE, DIET AND LIFESTYLE CAN GRADUALLY DIMINISH THE COLOUR OF YOUR TEETH. TOOTH WHITENING IS A HIGHLY EFFECTIVE WAY OF LIGHTENING THE NATURAL COLOUR OF YOUR SMILE BY REMOVING THE DISCOLOURATION WITHOUT REMOVING ANY OF THE TOOTH SURFACE.

HOME WHITENING KITS

Home whitening kits are an easy and effective way to whiten your teeth. The dentist will take impressions of your teeth and make custom whitening trays, similar to gum shields, that fit your teeth perfectly. These are used in combination with a whitening gel that you apply at home. A small amount of gel is squeezed into the trays and then worn for a couple of hours per day (your dentist will explain this and give you exact instructions on use).

THE BENEFITS

- Whiten your smile at your convenience in the comfort of your own home
- They are more effective than shop bought kits
- With your dentist, you can discuss the colour change you want to achieve
- Top up kits are available for some extra brightness for special occasions



HOW LONG DOES IT TAKE?

The treatment will take three to four weeks and during that time you will need to make two to three visits to the dentist so that he can check that everything is progressing well. At the first appointment, your dentist will take a simple impression of your teeth so that he can make the gum shield style whitening trays. Once your dentist has fitted your trays you will need to continue the treatment at home. This means regularly applying the whitening gel over approximately two weeks (exact instructions on how to use your kit will be provided by your dentist).

HOW LONG DO THE EFFECTS LAST?

The effects of whitening can last up to three years. However, this will vary from person to person. The effect is less likely to last as long if you smoke, or eat and drink products that can stain your teeth. Also, careful and regular cleaning of your teeth, which is an essential part of your oral hygiene regime, will help ensure the effects last for longer. You can purchase additional whitening gels to top up and maintain the colour.

WHEN MIGHT TOOTH WHITENING NOT WORK?

Tooth whitening can only lighten your existing tooth colour. It is also important to note that it only works on natural tooth colour. It will not work on any types of 'false' teeth such as dentures, crowns and veneers. If your dentures are stained or discoloured visit your dentist and ask to be referred to the hygienist for cleaning. Stained veneers, crowns or dentures may need replacing, again ask your dentist.

HOW CAN I LOOK AFTER MY TEETH AFTER TOOTH WHITENING?

You can help keep your teeth white by cutting down on the amount of food and drink you have that can stain teeth. Don't forget, stopping smoking can also prevent discolouring and staining.

WE RECOMMEND THE FOLLOWING TIPS TO CARE FOR YOUR TEETH:

- brush your teeth twice a day with a fluoride toothpaste, we recommend using an electric or sonic tooth brush
- cut down on how often you have sugary foods and drinks
- visit your dentist and hygienist regularly



**FOR FURTHER INFORMATION OR TO
BOOK AN APPOINTMENT SIMPLY:**

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