

Does whitening harm the teeth or gums?

Safety studies have shown that whitening teeth using the dentist-prescribed home whitening technique is perfectly safe on the teeth, cheeks, gums and tissues of the mouth. Whitening the teeth with dentist-prescribed kits is equivalent to drinking one soda drink. Our whitening material has a neutral pH.

Are over the counter/internet whitening kits as effective?

There have been some problems with some of the whitening kits that are purchased over the counter or on the internet. These have not been prescribed by a dentist. Although they are inexpensive, they sometimes contain an acid rinse that can damage the teeth or thin down the enamel of the teeth, which can be extremely harmful. There have been cases where patients have purchased the kit over the counter and whitened the teeth. The teeth went darker and the patients continued over-using the treatment. Unfortunately the acid rinse had worn the enamel away and the darker shade was exposed dentine.

Can I smoke during treatment?

It is best to stop smoking for at least three weeks before commencing the whitening procedure. Smoking causes the teeth to darken anyway and the effects will be diminished. Do not smoke whilst the whitening trays are in your mouth.

Which method is better, home whitening or in-surgery whitening?

In our experience our patients have achieved whiter teeth with the home kit and the whiteness seems to last longer. The in-surgery whitening is advisable for patients who would not dedicate the time to home whitening.

TREATMENTS AND PRICES

Treatments are quoted individually. Please contact reception to book an appointment.



RED ROSE DENTAL GROUP

Practices

Tooth Whitening available at

Private Practice

50 New Market Street,
Wigan, WN1 1SJ
Telephone: 01942 242632
Fax: 01942 829055

NHS Practices

8 Dole Lane,
Chorley, PR7 2RL
Telephone: 01257 264739

12 Standishgate,
Wigan, WN1 1UE
Telephone: 01942 243136

51 Atherton Road,
Hindley, Wigan, WN2 3EA,
Telephone: 01942 258888

7 Moor Road,
Orrell, Wigan, WN5 8ND
Telephone: 01942 215091

www.redrosedentalgroup.co.uk

This leaflet should be used
as a guideline only.

Please do not hesitate to discuss any of the
treatments and costs with your dentist.



RED ROSE DENTAL GROUP

TOOTH WHITENING

General Information for patients



TOOTH WHITENING

Tooth whitening is a simple and effective way of changing the colour of your teeth without changing the shape. There are three main methods of whitening teeth: Home whitening; In-surgery whitening; and Enlighten™.

HOME WHITENING

Home whitening is performed by the patient in the comfort of their own home and supervised by the dentist. Impressions of your teeth are taken at the practice, and then customised whitening trays are made and fitted. Whitening gel is squeezed into the trays which are then placed over the teeth. Usually these are worn overnight for an average of approximately 2 weeks to get the desired change in colour.

Some patients may get this desired change more quickly than others depending on the amount and the type of discolouration.

IN-SURGERY WHITENING

Evidence has shown that the use of the laser light is not effective in the whitening process, and we therefore do not use the laser or dental light during this procedure.

This treatment is provided in the surgery. A higher concentration of whitening gel is placed on the teeth. The procedure takes approximately 1 to 1 hour 30 minutes. We normally expect that a minimum of two sessions will be needed to achieve a reasonable change in colour. However some people need more sessions or may need to enhance the in-surgery whitening with a course of home whitening.

The active ingredient is carbamide peroxide for the home kit and hydrogen peroxide for the in-surgery whitening. Both types are in a glycerine base. If any allergies are known or you are aware of an adverse reaction to these ingredients, please do not proceed with this treatment.

ENLIGHTEN™

The ultra combination package is a system combining the home whitening and in-surgery whitening to achieve the best results.

TOOTH WHITENING - FREQUENTLY ASKED QUESTIONS:

What do I do if I have sensitivity?

Sensitivity of teeth is the most common side effect of whitening. In fact, many patients suffer from sensitive teeth anyway; this occurs usually around the necks of the teeth where the gums have receded. It is normal to experience some sensitivity. If you are experiencing sensitivity, you should stop whitening your teeth for a few days. You can resume after about 3-4 days. If the teeth become significantly sensitive, you can place desensitising toothpaste into the whitening trays for a couple of hours a day which will usually stop the sensitivity. If the sensitivity persists do not hesitate to contact your dentist.

How will my teeth feel?

Normally the teeth feel very clean after the whitening procedure. The whitening materials also have an indirect effect on the gums in helping them to heal or improving health. This is how the technique was invented: it was first used to heal gum irritation during orthodontic treatment.

What happens if the teeth do not whiten evenly?

If the teeth have white spots on them before whitening, these spots will appear whiter during the first few days; however, the contrast between the spots and the rest of the tooth should become less as treatment continues and eventually the spots should be less noticeable. Sometimes, the dentist can do a special procedure called microabrasion for you, whereby the white spots can be more permanently removed. Ask your dentist about this procedure if you are concerned about this.

What about my smile?

Your smile will appear brighter. It is very rare, but sometimes teeth are very slow to whiten. If this happens and you are wearing the whitening trays as recommended, you may need to try a different whitening product or a slightly higher concentration of the whitening material. We could do a few in-surgery whitening sessions for you in the practice. Discuss this with us. If you have white fillings or other dental restorations, such as crowns, veneers, bridges or dentures in your mouth that match the existing shade of your teeth before you whiten your teeth, they may not match the teeth afterwards. This is because your teeth will lighten, but the restorations do not. When the desired colour has been achieved, the dentist can replace these fillings with a lighter shade of restoration to match the new shade of your teeth.

How long does the whitening last? Will I have to whiten my teeth again?

Normally the new white colour of your teeth keeps quite well. However, the effect is dependent on what has caused the teeth to discolour in the first place. If you drink lots of coffee, red wine or cola drinks, the effect may darken slightly.

How white will my teeth go?

This depends on how white you want your teeth to be and on your tooth type, the causes of the discolouration, and how much whitening you will have done. We find that yellow shaded teeth whiten more easily than grey shaded teeth, which take longer to whiten.