

Tooth Whitening

Information about Opalescence Home Tooth Whitening

Home tooth whitening is the 'gold standard' for lightening the colour of teeth.

The Opalescence Home Tooth Whitening kit consists of upper and lower custom-made soft trays and four syringes of 10% carbamide peroxide (CP). For most patients we advise wearing the trays at night times whilst you are asleep. However, you could instead wear the trays for 1-2 hours during the day if this is more convenient or if you experience more than just slight sensitivity.

A small amount of gel (about the size of a sweet corn kernel) is placed onto the front fitting reservoir of each of the front 10 teeth. Four syringes provide enough gel for 16 days of home whitening.

Teeth are naturally darker along the gum line. These areas may require more time to lighten than the rest of the tooth surface and sometimes remain slightly darker.

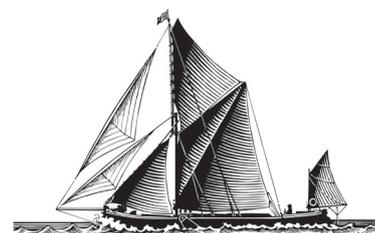
Most people experience slight tooth sensitivity at the start of tooth whitening; about 2-3% of patients experience marked sensitivity. If this happens, we can advise different strategies for overcoming this problem. These side effects will usually subside within 1-3 days after the treatment is finished.

The colour of any existing crowns, veneers, bridges or white fillings will not be affected by the tooth whitening. In extreme cases, these may require replacement if they no longer match afterwards.

Some white 'flecks' in the tooth enamel may appear brighter and more prominent after tooth whitening; this is normal and these normally fade back within a matter of weeks.

Tooth whitening is an affordable and effective way to combat common causes of tooth discolouration, while boosting your self-confidence and improving your appearance.

The cost for Home Whitening is £295 (far less than the cost of one crown). Top-up gel for one year's use is just £45.



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Main Points

- The most dramatic results are seen with teeth that are dark to start with, or with extended use of tooth whitening products.
- Most patients like to top-up their whitening every 6 months for 4 days using their existing trays.
- Tooth whitening does not damage your teeth. Three weeks of home whitening is less damaging than drinking just one can of *Coca-cola*.

