

Teeth naturally yellow and discolour over time, but smoking and some food and drinks can also cause hard-to-shift stains. Teeth can also be discoloured with speckled enamel, white banding or coloured spots, and can be stained during development by tetracycline, a broad-spectrum antibiotic.

At Elmsleigh House Dental Clinic we can improve the colour of your teeth to give you a natural-looking, brighter smile.

## The teeth whitening agent

The teeth whitening agent we use is carbamide peroxide. This is applied as a gel to mouth trays that are custom made to fit around your teeth precisely. The carbamide peroxide penetrates the enamel of your teeth and oxidises the pigment bonds in the dentine, which brightens your teeth without damaging them.

## Our teeth whitening process

Teeth whitening usually takes three short visits to Elmsleigh House to tailor the teeth whitening process to suit you:

- Fast-setting dental material is used to take impressions of your teeth, which are used to make custom-made, high-quality mouth trays that fit you precisely.
- You will return to collect your mouth trays and be shown how to apply the whitening gel to the trays and fit them in place.

You will need to apply the whitening gel to your mouth trays and wear them for around two hours each day, or overnight if you prefer, until you have achieved your desired shade; this normally takes two to three weeks.

- After this time, your dentist will ensure you are happy with the results and will take a photograph of your brighter smile.

Stains can reappear on your teeth after a year or two, especially if you smoke or drink tea, coffee or red wine; you simply purchase extra tubes of whitening gel to 'top up' the treatment for a few days until your brighter teeth are restored.



# Some frequently asked questions

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## Is teeth whitening suitable for everyone?

Teeth whitening is suitable for most people aged over 18, but not if you have gum disease, are pregnant or are breastfeeding. It is not effective on false teeth, crowns, veneers or fillings (including tooth-coloured fillings), so you may have to consider replacing these with paler ones to match the colour of your brighter teeth.

## Are there any side effects of teeth whitening?

The gels used in teeth whitening may occasionally cause teeth sensitivity during treatment. If this occurs it is transient and will not cause you to have sensitive teeth afterwards. Your dentist will advise you on how to manage sensitivity if it occurs, such as adjusting the duration of time or frequency of wearing your mouth trays.

## How can I look after my teeth to ensure they stay white?

To help your teeth stay as white as possible you should limit any food and drinks that can stain them, such as deeply coloured fruit and sauces, tea, coffee and red wine, desist from smoking, brush your teeth well twice a day and visit your dentist and hygienist regularly.

## How long will the effects of whitening last?

The whitening effects depend on many factors, such as your age, previous teeth shade and dietary habits. You can maintain your brighter colour by using your gel to 'top-up' the treatment as required.



## Our fees for teeth whitening

Teeth whitening costs £495 to brighten your teeth, which includes all appointments with your dentist, your bespoke mouth trays and a supply of whitening gel to achieve your brighter shade.

To 'top-up' your treatment and restore your brighter shade later on, you simply buy extra tubes of whitening gel at a cost of £20 each.

To book your teeth whitening appointment or to find out about all our dental treatments at Elmsleigh House, contact the Welcome Team on 01252 713797 or visit [www.elmsleighhouse.co.uk](http://www.elmsleighhouse.co.uk)