



Jenkins Dental

TOOTH WHITENING

Studies have shown that our appearance plays a major role in the success of our personal and professional life. Like your hair, make up and clothes, whiter teeth can completely change your appearance and boost your confidence.

Nicotine, tea, coffee, red wine, some medical treatments, and ageing can discolour your teeth. Tooth whitening returns your teeth's original white and shiny appearance.

Almost everyone can benefit from tooth whitening.

When made under a Dentist's supervision, it is safe and effective. Whitening agents do not damage your teeth while whitening them.

We all tan in the sun, yet some people tan more easily than others. It's the same for tooth whitening, some people's teeth whiten more easily than others, it's just the way we are made. In all cases your teeth will look whiter.

Maintaining your new bright smile will depend on your lifestyle and your oral hygiene. The effects of whitening can last for years although unrealistic expectations could lead to disappointment. Post treatment gels and whitening toothpaste can prolong the results.

If you are planning to whiten your teeth, do it before any other restorative treatment since white fillings, porcelain crowns and veneers will not be whitened.

Some patients might experience teeth sensitivity during treatment. This sensitivity is temporary and will resolve after the treatment is finished. Your dentist will advise whether you need to modify the treatment or how to reduce this sensitivity. For example: fluoride toothpaste, fluoride gel, or paracetamol.

Whitening Treatment

At an initial appointment your teeth will be assessed for suitability, photographs and a shade of your teeth recorded. You will be asked to read and sign a consent form outlining the treatment. An impression will be taken.

A week later you collect your custom made whitening trays, which are yours to keep, plus the gel and full instructions. The gel is easy to apply and the tray is comfortable to wear.

After wearing the trays each night for two weeks (or as recommended by the dentist) we check your new shade.

Treatment costs from £275 for home whitening.

Do not hesitate to ask for any information about improving your smile, or book in for a consultation.