

The bleaching treatment process :



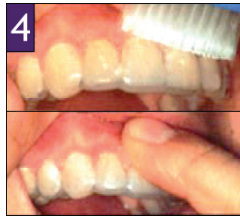
1
Clean spaces between teeth with floss.



2
Apply the bleaching gel into the specially made trays.



3
Fit the tray onto the teeth.



4
Remove any excess gel from the gum area with a toothbrush or finger.



5
Wear the tray according to the instructions given to you by your dentist.



6
Remove the tray and clean your teeth.







7
Clean the tray with water and your toothbrush.

Advantages of bleaching :



Before bleaching



-  Lighter teeth
-  Easy to use system
-  Fast visible whitening effect
-  Gentle to tooth substance



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What is tooth bleaching?

Tooth bleaching is a safe and easy way to lighten your teeth and is a pain free procedure.



Why are teeth discoloured?

Discolourisation of teeth can be caused by a number of reasons. The natural ageing process can darken teeth, medication, root fillings and bleeding after accidents. The surface of your teeth can be additionally stained with beverages such as tea, coffee, red wine etc. Tobacco will also discolour your teeth, the severity of this obviously depends on the level of consumption.



How does bleaching work?

Bleaching works with the active ingredient of carbamide peroxide which releases active oxygen into the tooth where it gently brightens any discolouring pigments in dentine and enamel. This is a pain free process.

How is bleaching carried out?

On your first visit to the surgery and after thorough tooth cleaning your dentist will take an impression of your upper and lower teeth. These impressions are then sent to the laboratory where a thin plastic bleaching tray is individually made to fit your teeth. When these trays are returned from the lab your dentist will try them in your mouth to make sure they are the correct fit. You will then be given these trays to take home and begin the bleaching process, following the instructions given to you by your dentist. You will fill a tray with the bleaching gel and wear this overnight.



Is bleaching always successful?

The bleaching process is very successful on slightly discoloured teeth. Darker strongly discoloured teeth may take longer. Fillings, crowns or bridgework will not bleach, this is because they are made of either composite or porcelain.

Will bleached teeth remain white?

The bleaching effect is generally very stable for several years. If your teeth should darken slightly the treatment can be repeated every 6 to 12 months.



Are there any side effects with bleaching?

When regularly checked by your dentist, the treatment is safe for your teeth and gums. To avoid irritation to your gums, any excess gel flowing from the tray should be removed with either your toothbrush or your finger.

During the treatment you may experience some sensitivity to hot or cold, this should subside at the end of the treatment. Should the sensitivity be quite severe you may wish to do the treatment on alternate days rather than every day. If your sensitivity is severe, you may wish to use GC Tooth Mousse which reduces sensitivity significantly and can be purchased from the surgery. There have been no other reported side effects.