



TOOTH WHITENING FREQUENTLY ASKED QUESTIONS

How long does it take? The desired outcome takes between 5 and 15 sessions, an average of 10. There should be enough whitening gel for this initial whitening course.

How long is a session? A session is 2-3 hrs if using the 6% HP gel.

How often can I use the whitening gel? The gel should be used a maximum of once a day. However, you can use the trays on consecutive days, or have a few days off in between, this does not matter as the overall effect will be the same.

Does it hurt, and are there any side effects? If you keep to the instructions whitening teeth is very safe. The only common symptom is temporary sensitivity of the teeth. You can also experience some temporary soreness of the gums if you overload the trays with gel. These effects will not last more than 24 hours.

How does it work? The gel lightens the dentine layer under the hard enamel layer, so is an intrinsic whitening procedure. It makes the teeth not only whiter, but cleaner and lighter. It will not clean off extrinsic stains e.g. tobacco, wine and coffee/tea, and will not lighten existing fillings or crowns.

Does it always work? Whitening is very predictable, and we have only had a few cases where the effect has not been as much as desired. Generally, there will be between 4 to 6 shade increase on our shade charts. The teeth not only look whiter but there is a clean and vital appearance to the tooth whitening.

How long does it last? Manufacturers advise the whitening will last 9 months but in practise it is more like 1-2 years. You keep the whitening trays and can top up whenever you like. If you ask the dentist he will prescribe some more whitening gel.

How long does the gel last? The gel can last up to one year.

What is the treatment for sensitivity? Firstly, miss a few sessions. Then if sensitivity continues, collect some desensitising toothpaste like Colgate pro-relief or Sensodyne. Effects do not last longer than 24 hours. There is a desensitising

component to the whitening gel called ACP (Amorphous Calcium Phosphate) which helps to remineralise the teeth.