

Health Advice

Tooth whitening

Tooth whitening is one of the most straightforward methods of turning a nice smile into a great smile. There is no local anaesthetic or drilling involved.

As teeth age they may lose their brightness and years of drinking tea, coffee, red wine and smoking can eventually take their toll. Bleaching is a procedure that is designed to enhance the colour.

A whiter smile can improve confidence by making you feel and look younger.

Candidates for bleaching

Almost anyone is a candidate for bleaching. However, people with dark yellow or yellowish- brown teeth tend to bleach better than people with grey or bluish-grey teeth. Significant lightening can be achieved in the majority of cases but the results can not be guaranteed. An initial examination with the dentist will allow us to give you a good idea as to the likely outcome.

At the Lansdowne centre we offer two types of tooth whitening, In-house bleaching and take home bleaching.

- **In-house tooth whitening (power bleaching)**

Whiter teeth can be achieved in one appointment taking approximately 1 hour. A high concentration whitening gel is carefully applied then activated with a high intensity light. The hydrogen peroxide in the gel penetrates the enamel and removes underlying stains and discolouration. The results should last many months, depending on your lifestyle.

The advantage with power bleaching is that we do all the work for you, the disadvantage like many dental procedures is having your mouth open for a long period of time, we do however have ways of making this more comfortable for you. To maintain maximum brightness we recommend you invest in a take home whitening kit, you can then do any periodic touch-ups.

- **Take home tooth whitening.**

The essence of this technique is that you bleach your teeth at home. We'll take impressions of your teeth and from these impressions make customised trays, you will be shown by your dentist how to apply the tooth whitening gel to the trays. We recommend that the gel and the tray should be worn for about two hours each day. It should take approximately two weeks for the results to show (if your teeth are heavily stained you may need to use the treatment for longer). When you have achieved the whiteness that you desire you will then have to maintain that beautiful bright smile. It may be necessary to wear the trays once a week or maybe even once a month depending on your lifestyle.

If you are interested in either of our tooth whitening procedures but are still unsure and would like more information you can [contact us](#) and our qualified and friendly staff would be happy to discuss options further.