



Cosmetic tooth whitening

Have you ever thought about whitening your teeth to help improve their appearance? Do you have a special occasion such as a wedding or party in the pipeline, and want to give yourself a little extra lift? Tooth whitening could be for you. We have detailed below the information you need before starting to embark on whitening your teeth.

Tooth whitening is a fantastic way to improve the appearance of your teeth. It is safe, simple to carry out, is suitable for the majority of people and results can be expected in as little as a few days.

At Cuckfield Dental Practice we are able to offer home whitening, which is the most predictable and effective means of whitening your teeth.

We take impressions of your teeth and whitening trays are professionally custom-made for you. We show you how to apply whitening gel in the trays and then you wear them in the comfort of your own home for two to four weeks.

Most people prefer to wear the trays at night and, by doing this, you not only maximise the amount your teeth will whiten but it has minimal impact on your daily life.

How the process works

- Firstly you will need to have a consultation with your dentist. Whitening is suitable for the majority of people, but not everyone, which is why it is essential you seek professional guidance before embarking on tooth whitening. You may also require some preliminary treatment before you are ready to start the whitening process, which we can discuss at length at this initial appointment. Once you are happy to proceed, we take impressions which are then used to make professionally fitting whitening trays for you.
- One week later we will then have your whitening kit ready and we can show you exactly how to use the whitening gel in your trays. Photographs are taken and a shade number is assigned to your teeth so we have a record of how your teeth look before they are whitened.
- It is important to ensure you cut down on the amount of stain-forming foods and drinks for the period during which you are whitening in order to ensure the best results, such as coffee, tea (including herbal), red wine and curry. Once you have completed the course of whitening, it is best to ensure you do not have too much of the above foods and drinks in order to maintain the whiteness achieved, but you can "top up" with whitening gel in your trays at a later date if you so wish. Smoking greatly counteracts the effects of tooth whitening and, for this reason, it is not advisable for those that smoke.
- We recommend that you start brushing your teeth with a toothpaste that helps reduce sensitivity, which we will provide for you in your whitening kit. It is advisable to start using this a few days before you start wearing the whitening trays.
- After approximately two weeks of wearing the trays overnight, you have the option of having a review appointment with us to track your progress. Throughout the whole process you will have our full support and so if you do have any questions or concerns during the treatment then you are more than welcome to contact the practice where we will be more than happy to help.
- Once you have achieved your desired results, you have the option of having a follow-up appointment so we can assess if you require any other treatment to complement the end result, which would have been initially discussed at your consultation appointment. We can take a photograph so you will be able to directly compare the results from before and after the whitening.
- Ensure that you keep your whitening trays, as in 12-18 months you may wish to "top-up" your teeth with some more gel for a special occasion or simply to give your teeth a lift.

Frequently asked questions

Does it really work?

Yes it does, although the amount your teeth whiten depends on a variety of factors, such as how dark your teeth are to begin with, how much tea or coffee you drink during the treatment and how long you whiten them for in terms of hours a day and number of days. We can review you during and after you have completed the whitening course to see how you are getting on and give you more advice as you go along. Before and after photographs will be taken so you can fully see the effects of the whitening.

Will the whitening gel damage my enamel?

Having professional tooth whitening does NOT damage your tooth enamel.

Will it whiten my front crowns and fillings?

Only natural tooth tissue is capable of being whitened so your front fillings and crowns will not be affected. This will all be discussed at your initial consultation, and if any crowns or fillings require changing after you have completed the whitening course then this can be done. Everyone is different and you will have a tailor-made treatment plan before you commence whitening, so you will be aware if any further treatment will be required right from the start.

What can I do about the sensitivity?

Temporary sensitivity is a known side-effect of tooth whitening and affects up to 50% of people who carry out whitening. We recommend that you brush with a sensitive toothpaste before and during treatment. If you experience sensitivity, it is only transient and does not mean that the whitening gel is harming your teeth.

How long does it take?

This depends on how white you want your teeth to become. Effects are noticeable after just a few days but for the optimum result we recommend you whiten them for approximately two to four weeks. If you are unable to wear the trays for as long as overnight or if you need to alternate the nights you wear the trays then the treatment will take a little longer.

How white will my teeth become?

The beauty of home whitening is that you are in control of how long you wear the trays for and therefore how white your teeth become. We can assess you as you go along to track your progress with the aid of photographs so you will be able to see how much whiter they have become.

How much does it cost?

At Cuckfield Dental Practice tooth whitening costs £295 and this includes your consultation, whitening trays, whitening gel, sensitivity-reducing toothpaste and photographs. Any other follow-up appointments are also included in this fee.

Can't I just buy whitening gel "over-the-counter" or on the internet?

We strongly advise you against doing this as many of the non-licensed whitening products contain acid, in varying amounts, which can be extremely damaging to your teeth and gums. In addition to this, the effects of these products are not as good or predictable as the licensed whitening products that only dental professionals are legally allowed to prescribe.

Is there an age limit?

People from the age of approximately 25 years old can whiten their teeth and there is no upper age limit, which makes tooth whitening a fully accessible treatment for most people.

Before



After



Come and talk to your dentist to discuss if tooth whitening is suitable for you.