



Country Dental

Mount House,
17 Mount Street,
Hythe,
Kent CT21 5NT

Appointments:
01303 266657

Opening times:
Monday to Friday
9.00am to 1.00pm
2.00pm to 6.00pm

Late evenings
by appointment

country-dental.co.uk

@CountryDentalHythe

Teeth Whitening

Tooth whitening allows the preservation of tooth tissue and will whiten your teeth.

Zoom home whitening

We take impressions and make a tray which fits your mouth accurately. The tray is then used to house whitening gel, which contains carbamide peroxide. This works by oxidising the pigments in the enamel that cause the discolouration and then breaking them down into smaller molecules which are lighter in colour.

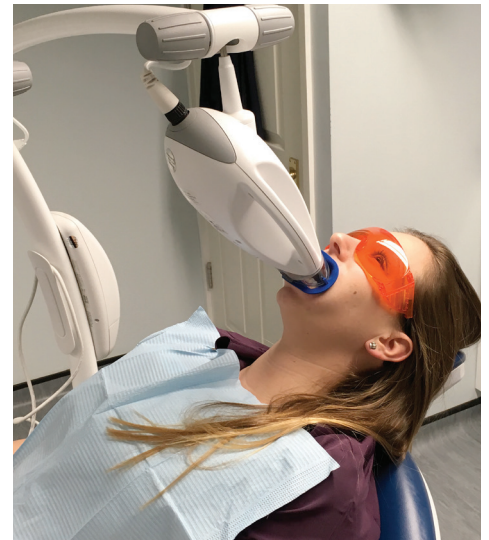
PHILIPS
ZOOM!



Home whitening typically takes about 2-6 weeks. The whitening gel is placed in the tray and then worn in the mouth for approximately one hour a day. Alternatively, we can give you a different gel for whitening overnight while you sleep. Once you have reached your desired shade, the trays should be retained so that a top-up can be undertaken at a later date. Top-up syringes can be purchased and this makes the maintenance of your smile very cost-effective.

Zoom chairside whitening

This option is suitable if you wish to 'kick start' the whitening of your teeth. It eliminates the need to wear your trays for several weeks at home. You attend for an appointment and while you sit in the dental chair, whitening gel is applied directly to your teeth. Protection is placed on your gums and a blue lamp is used to allow us to accelerate the whitening process. This method takes about 70 - 90 minutes. If you wish to carry on whitening your teeth, we can also send you home with trays.



Enlighten whitening

This is an enhanced whitening system, which guarantees a white smile and can lighten your teeth by up to 16 shades. It is a combination of home and chairside techniques.



A specialised serum is used to reduce tooth sensitivity during the process. Enlighten gels have an unlimited shelf life so you can use them as and when you need them.

*'Get a Hollywood smile
in your lunch hour
with Enlighten.'*

Daily Mail

'A clear winner in our test'
Richard & Judy Channel 4



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Is tooth whitening safe?

For all our whitening treatments we use high quality, low concentration, non-acidic whitening gel with desensitisers. Extensive research, including many clinical trials, has established that dental whitening is very safe.

When does it work?

Teeth that are stained, or have darkened as a result of ageing, tend to whiten very well. Some inherited tooth disorders and tetracycline staining can be more difficult to lighten, but with longer term use, we have achieved excellent results with the Enlighten system.

Will my crowns and fillings change colour?

Teeth whitening will not change the colour of existing white filling materials, crowns or veneers. As a result, restorations which have previously matched the teeth may look darker following teeth whitening. If this happens, patients may need to replace some of their restorations.

What are the side effects?

Some patients undergoing teeth whitening report mild sensitivity, which usually subsides after one or two days. If the problem persists, we use a toothpaste to remove the sensitivity. This contains 5% potassium nitrate and can be placed in the tray and worn for about 30mins before the bleaching tray is used. To reduce the risk of sensitivity, our gels have desensitisers present as a matter of course.

Can teeth filled with silver amalgam fillings be whitened?

Using tooth whitening gel can increase the mercury release from amalgam fillings by a small amount. Since it can also cause some discolouration, it may be advisable to have the anterior amalgam fillings replaced prior to the procedure. Your dentist can discuss this with you at your consultation.

Are there other methods of masking tooth discolouration?

Teeth whitening allows the preservation of tooth tissue and will whiten your teeth. If you also wish to have your teeth straightened or changed in shape, other techniques such as veneers, crowns, composite white fillings and tooth straightening can produce good aesthetic results. However, patients should be aware that these techniques may involve the destruction of healthy tooth tissue.