

# How much does it cost?

At the practice, we offer two types of tooth whitening. Both work very well and we have had great results.

The cost for the home tray whitening system is from £409.50

The in chair whitening system is from £654.20

Gel top ups syringes are from £72.50



# Your responsibilities.

You must be committed to wearing the whitening trays for the prescribed time. The disadvantage of at home whitening is that the success of the treatment is dependant on your level of commitment.

Things such as smoking, red wine, coffee, tea and some foods are likely to re-stain your teeth. We advice you to limit these things, especially during your whitening process.

# Potential problems

## **Tooth Sensitivity**

During the whitening process, some patients experience temporary sensitivity. This sensitivity is usually mild if your teeth are not normally sensitive. It may be necessary for you to reduce the amount of time you are wearing the trays and stop for a few days to reduce the sensitivity, before starting again. If you teeth are normally sensitive, whitening may aggravate this. Under these circumstances, it may take longer to complete the process, but is still possible without causing discomfort. If your teeth are sensitive after whitening, using a sensitive toothpaste will be advised.

## **Gum Irritation**

This is the result of a small amount of gel leaking from the tray. A burning/swelling sensation on the gum may occur, this can be resolved on its own after a few hours. You may also experience burning/swelling of the lips.

With home whitening, irritation can result from over filling the trays with the gel or wearing the trays for too long. It may be necessary for you to reduce the amount of gel used and reduce the amount of time you are wearing the trays.

Any concerns with your whitening, please contact your dentist.

**If you are interested in having tooth whitening, please make an appointment to discuss with your dentist or ask at reception for more information.**



# Tooth whitening information

Teeth whitening is a cosmetic treatment which involves bleaching your teeth to make them lighter.

You might consider teeth whitening for different reasons. Your teeth can lose their whiteness with age but can also become stained by smoking or drinking lots of tea, coffee or red wine.

Fortunately, our professional whitening treatments quickly and safely remove stains, without damaging your teeth. We've seen many patients grow in confidence thanks to a brighter, whiter smile.

At Brooklyn House we offer two tooth whitening options. More information can be found inside this leaflet.

# Types of tooth whitening

At Brooklyn House we offer two types of whitening:

We offer the at home whitening system, which allows you to gradually whiten your teeth at your own pace, in your own time. This is a simple system where you add gel into some trays and place them over your teeth. You then leave this on your teeth for around 4 hours (or overnight if easier). You continue this process for around 10 days - 2 weeks initially and can top up any time.

For this we need 2 short appointments, first to scan/take impressions of your mouth and get the trays made. Second is 1-2 weeks later to fit the trays and show you how to load the whitening gel.

We also have an in chair whitening system, which gives you a more immediate whitening, as well as the take home whitening trays (as above). You will attend the surgery for an appointment, where the dentist will put gel onto your teeth and use a light to help whiten the teeth. This is usually done in 15 minute intervals and takes up to 2 hours. Once complete, you then continue to whiten at home to your preferred shade.

The in chair whitening is usually a short appointment to scan/take impressions and get the trays made. Secondly, a longer appointment 1-2 weeks later for up to 2 hours to whiten. Then you continue at home in your own time until your desired shade.

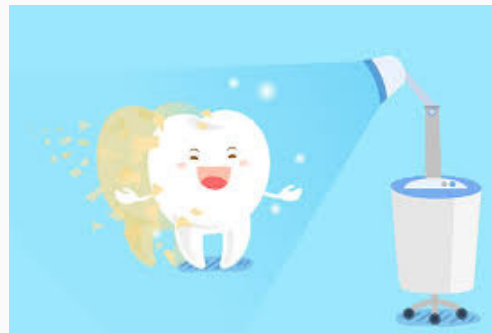
You will have to be over 18 years old to have your teeth whitened. We also recommend not having your teeth whitened during pregnancy or breast feeding as it is not clear if the whitening gel would have any affect on the baby.

If you are not suitable for treatment, there are other options of changing the way your teeth look, for example composite bonding, veneers and crowns. Please speak to your dentist who can discuss this further.

## Who can perform tooth whitening?

Teeth whitening is a form of dentistry and should only be carried out by a dentist or another regulated dental professional, such as a dental hygienist or dental therapist, on the prescription of a dentist.

Some beauty salons offer teeth whitening, but this is illegal if there's no dental professional present, and it may put your oral health at risk. You can also buy DIY home teeth whitening kits but these may also carry risks.



## Can anyone have their teeth whitened?

Just about anyone is a candidate for tooth whitening.

Teeth with many fillings, cavities, and chips are usually best treated by composite bonding, porcelain veneers or crowns. Any current restorations you have, such as fillings, crowns, onlays and inlays cannot be whitened.

These restorations would need to be replaced if you would like them the same shade as your teeth after whitening, but it is an option if you are serious about changing the colour of your teeth.

There is no way to predict how light your teeth will go with whitening. With the home whitening, you can repeat applications until your desired shade is reached.

**Remember** the results depends on your starting shade. The whiter your teeth are to begin with the less likely you will have big results.

