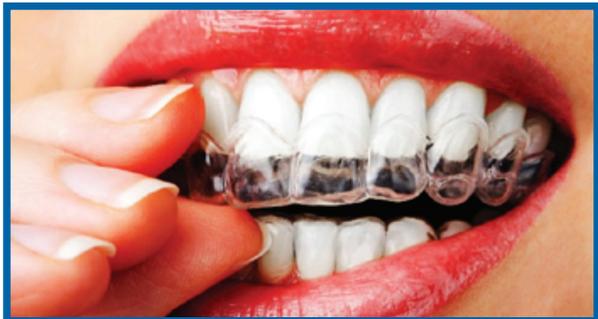




Whitening Kit



Whitening Top Up Pack



Whitening Trays



**General
Dental
Council**

protecting patients,
regulating the dental team



British Dental Association



**Oral Health
Foundation**
Better oral health for all



The Clear Alternative to Braces

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Monday to Thursday 8.30am - 5.30pm

Friday 8.30am - 4.00pm

Closed for lunch every day 12.30pm - 1.30pm

Partners

Mr David Hickleton & Mr Evan MacDougall

Teeth Whitening

Ilfracombe Dental Practice



"Achieve a whiter, brighter smile"

What are the stains on my teeth, and what can I do about it?

Stains on teeth can be classified in one of two ways: extrinsic or intrinsic. Extrinsic stains appear on the surface of the tooth. Intrinsic stains are found in the microcracks in the enamel and within your dentine. Whitening toothpastes and mouth rinses may be able to remove some extrinsic stains but only teeth whitening agents can remove the stubborn extrinsic and unsightly intrinsic stains that cause your teeth to look discoloured.

How does it work?

Opalescence gels contain an active whitening ingredient (either carbamide peroxide or hydrogen peroxide) that penetrates your enamel to access discolouring agents. Peroxides release oxygen-containing molecules which react and breakdown the discolouring molecules in the tooth resulting in a brighter, whiter smile.

What does it involve?

Opalescence system is a tray system that is applied at home. It involves two visits. The first, a check of the whole mouth to check for your suitability of treatment. Pregnancy, people who suffer from acid reflux, people who have active decay or fractured fillings and people who suffer from sensitive teeth are discouraged from any whitening treatment. This is not the exhaustive list and your dentist is the best reference for your suitability.

An impression of your teeth will be taken. This literally takes minutes to do and is not painful. From these impressions, custom-fit trays are made for your mouth.

On the second visit, the trays are checked for size, comfort and your dentist will show you how to apply the whitening gel. It isn't hard and written instructions will be given or you can refer to the Opalescence website. The trays are worn daily for 4 hours when no food or drink is

consumed. You can access demonstrations on the internet by visiting

www.opalescence.com/eu

How long does it take?

It depends on the result you would like to achieve. Generally, the longer the solution is used, the lighter the teeth become. Teeth generally come in three colour tones: yellow which is easily to lighten, grey which takes twice as long as yellow and red which is extremely difficult to shift. These colour tones to a greater or lesser degree run through your teeth so the whitening effect depends on your tooth's colour tone makeup. Your dentist will discuss this with you. It also depends on what you are introducing to your teeth on a daily basis. Tea, coffee, red wine and black currant, curry and tobacco can dramatically slow the effect of the whitening. On average, whitening will take between two to four weeks. Further whitening treatments will take less time as there should be a smaller accumulation of intrinsic stains to remove.

How long will my teeth stay whiter?

If you were to think of your teeth as a white tablecloth that is used every day. If you were to spill anything on that tablecloth then it would absorb that stain. You could wash it every day but it would gradually dull with time. The same happens with your teeth so anything that you wouldn't want spilt onto your tablecloth will dull your teeth in time.

How safe are beauty and tanning salons for whitening?

Quite simply they are not. Tooth whitening in the UK can only be legally carried out by a dentist. It is illegal to supply whitening material containing more than 0.1% peroxide to anyone other than a dentist, or direct to the public. These regulations are to protect the public and

make sure anyone carrying out whitening is properly trained and skilled to carry out the procedure without risking permanent damage to teeth, gums and minimise the risk and damage caused by allergies.

What about home whitening kits?

Kits sold in Europe cannot legally contain more than 0.1% peroxide and this is too little to be effective. To counteract this problem some kits sold over the internet may contain mild acids and abrasives.

Are there any side effects?

Generally, no and if there are, they are mild. Common side effects are; sensitivity to hot but mainly cold during or after treatment, discomfort in the gums, sore throat or white patches on the gum line. These symptoms are temporary and should disappear within a few days of treatment finishing. Allergy to the active ingredient is also a possibility, this is extremely rare but precautions are taken with everyone to minimize the effect of this occurrence.

Can this system weaken my enamel?

This whitening system contains potassium nitrate and fluoride which helps maintain the health of the enamel throughout the whitening process.

How can I look after my teeth once they have been whitened?

Brush your teeth last thing at night and at least one other time during the day, with a fluoride toothpaste.

Cut down on how often you have sugary foods and drinks.

Visit your dentist and hygienist regularly, they can offer cleaning, oral hygiene advice as well as custom oral hygiene packs that support the health of your mouth.

We offer top up syringes that compliment this system.