



**TEETH  
WHITENING**

**TREATMENT INFORMATION**

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# TEETH WHITENING

## CREATE YOUR DIAMOND BRIGHT SMILE WITH TEETH WHITENING TREATMENT WITH US

Teeth whitening is a popular cosmetic dental treatment that will transform your smile. At All Saints Dental Clinic, we offer a range of different Professional Teeth whitening options to help you 'whiten' your teeth and achieve a lighter, brighter more confident smile.

### HOW DOES IT WORK?

Teeth Whitening should only be performed under the guidance and prescription of a dentist. The treatment involves using a bleaching agent usually hydrogen peroxide or carbamide peroxide to penetrate the tooth enamel and breakdown discoloured particles.

### IS IT PERMANENT?

Teeth whitening isn't permanent. It can last from a few months to up to three years, but this varies from person to person. Generally, the whitening effect won't last as long if you smoke or drink red wine, tea or coffee, which can all stain your teeth.

### HOW LONG DOES IT TAKE?

Designed to work around you. You can wear your trays for a few hours during the day, or simply pop them in before going to bed, and let them work their magic while you sleep. Optimal results are seen within 1-2 weeks. 90% of patients present with satisfactory results within the two weeks however, 10% of people require longer than two weeks.

### BENEFITS INCLUDE BUT ARE NOT LIMITED TO:

- Improves Your Smile & Appearance
- improves emotional well being





**Professional teeth whitening is considered generally safe by most dental professionals. It is important you understand that you are responsible to ensure you follow the instructions given by the dental practitioner to reduce the risk of any potential complications.**

#### TOOTH SENSITIVITY/PAIN:

During treatment, some patients can experience some tooth sensitivity or pain. This is normal and is usually mild, but it can be worse in susceptible individuals. Symptoms should subside within 1-3 days. People with existing sensitivity, recession, exposed dentin, exposed root surfaces, recently cracked teeth, abfractions (micro-cracks), open cavities, leaking fillings, or other dental conditions that cause sensitivity or allow penetration of the gel into the tooth may find that those conditions increase or prolong tooth sensitivity or pain after treatment.

#### DRY/CHAPPED LIPS

The In Chair treatment can involve up to an hour long session during which the mouth is kept open continuously for the entire treatment by a plastic retractor. This could result in dryness or chapping of the lips or cheek margins, which can be treated by application of lip balm, petroleum jelly or Vitamin E cream.

#### GUM/LIP/CHEEK INFLAMMATION/BURNS

Whitening may cause inflammation of your gums, lips or cheek margins. This is due to inadvertent exposure of those tissues to the whitening gel. A chemical burn may occur due to the whitening gel coming in contact with soft tissue. The inflammation is usually temporary which will subside in a few days but may persist longer and may result in significant pain or discomfort, depending on the degree to which the soft tissues were exposed to the gel.

#### CAVITIES OR LEAKING FILLINGS

Most dental whitening is indicated for the outside of the teeth, except for patients who have already undergone a root canal procedure. If any open cavities or fillings that are leaking are present, allowing gel to penetrate the tooth could result in significant pain. You should have any cavities filled or my fillings re-done before undergoing the treatment.

#### CERVICAL ABRASION/EROSION

These conditions affect the roots of teeth when the gums recede and are characterized by grooves, notches and/or depressions that appear darker than the rest of the teeth, where the teeth meet the gums. These areas appear darker because they lack the enamel that covers the rest of the teeth. Even if these areas are not currently sensitive, they can allow the whitening gel to penetrate the teeth, causing sensitivity. If cervical abrasion/erosion exists on my teeth, these areas will be covered with dental dam by my dental professional prior to my treatment.

#### ROOT RESORPTION

This is a condition where the root of the tooth starts to dissolve either from the inside or outside. Evidence that indicates the incidence of root resorption is higher in patients who have undergone root canals followed by whitening procedures.

#### RELAPSE

After treatment, it is natural for the teeth that underwent the treatment to regress somewhat in their shading after some time. This is natural and should be very gradual, but it can be accelerated by exposing the teeth to various staining agents. It is important to understand that teeth whitening is not permanent and continuation of take-home treatments may be needed to maintain the tooth shade desired.



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## AM YOU SUITABLE TO HAVE TEETH WHITENING?

Professional teeth whitening can be suitable in most patients. Most healthy individuals that maintain a good oral hygiene program are suitable candidates for teeth whitening

We'll be able to determine suitability at your consultation, where an examination will be completed and an individualised bespoke treatment plan created for you.

### ALTERNATIVE TREATMENT

**You may decide professional teeth whitening is not for you.**

**Alternatives include:**

- Whitening Toothpastes/Gels/Mouth rinses
- Scale & polish hygiene treatments
- Porcelain crowns
- Composite veneers
- Do Nothing

**BOOK IN YOUR CONSULTATION**