

PORTWAY DENTAL PRACTICE

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TOOTH WHITENING

WHAT ARE THE ADVANTAGES OF TOOTH WHITENING?

By whitening your teeth you can improve your smile without having to have technically complex treatment such as crowns and veneers, which can be expensive, require several long treatment sessions and involve the loss of significant amounts of healthy tooth tissue.

It may be possible to whiten all of your teeth for approximately the same cost as providing one ceramic crown.

ARE THERE ANY DISADVANTAGES?

There are no known long-term disadvantages to tooth whitening.

During the treatment it is quite common to experience some sensitivity but this can be controlled using a desensitising agent, or by reducing the frequency of treatment and resolves once the treatment is complete.

The rate at which whitening occurs is not predictable. There can be a wide variation between individuals and even between teeth in the same individual. Whilst most patients can achieve the desired result in two to six weeks, some types of staining such as nicotine can take one to three months and tetracycline staining can take two to six months, or longer, of treatment.

Tooth whitening will not have any effect on existing restorations such as crowns, bridges, veneers or white fillings that you may have. These may need to be changed to match your new tooth colour when your tooth whitening has been completed and this would involve additional treatment and charges.

The new colour of your teeth may be subject to some relapse with time and the whitening process may need to be repeated, although this can usually be achieved in about seven days.

If our preferred whitening procedure is used, studies have shown that three years after one course of whitening 75% of individuals could not discern any deterioration of their tooth colour and that this figure was still 43% after ten years.

WHICH IS THE BEST METHOD TO USE?

We use 10% carbamide peroxide gel in a custom fitted tray for tooth whitening. The patient places a small amount of the gel into the tray and then wears this at night, or for two to four hours during the day, for approximately two to six weeks. This is the safest, most efficacious and cost effective way to whiten teeth and is supported by over ten years of data derived from its use in the USA.

It is the only method approved by the American Dental Association and provides the best ultimate result, for possibly the longest duration.

There is no evidence showing the long-term effectiveness or safety of other products for tooth whitening.