



## At-home whitening kits

Our at-home teeth whitening is proven to be the most effective way to whiten teeth, it's very safe and easy to use without damaging enamel or causing sensitivity. We supply custom-made trays resembling a sports mouthguard for you to use at home. An ideal concentration of bleaching gel is applied into the trays so patients have the ideal result without any side effects.

Your whitening treatment takes 3 weeks to achieve your desired shade, although you will start to notice a significant difference after just a few days. Our teeth whitening methods are completely safe to use. To enhance the longevity of your whitening treatment, we will happily offer advice on the lifestyle and food choices you can make to prolong your results.

Smoking or eating strongly dyed foods will discolour your teeth much more quickly, but with our recommended care routine, many of our patients attain a brighter smile that can last for two years or more.



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# TEETH WHITENING



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## Captivate and conquer with your new white smile

Attractive smiles captivate an audience, and your smile is one of the first things people notice about you. A smile that is beautiful, white and natural-looking can give you a self-confidence boost and make you proud to display your teeth. That's why an increasingly popular treatment option is teeth whitening.

As we age, there are many factors that can mean your teeth are no longer as white and bright as they once were. The foods and drink we consume, some medications, and the natural ageing process can all contribute to darkening of your tooth enamel.

If you are unhappy about your smile because it is not as white as it used to be, you may be lacking confidence which can affect your ability to perform at your best, both in the work place and socially. Fortunately, we can offer you a safe and effective teeth whitening procedure to help



Tooth discolouration is a common problem, and almost anyone can benefit from teeth whitening. Like any procedure however, your individual situation will determine the results of your treatment. A thorough assessment of your mouth will help determine your suitability for a whitening procedure. All teeth whitening procedures have undergone extensive research and clinical studies to ensure they are completely safe. Occasionally, patients may experience some slight sensitivity, or rarely, a minor tingling sensation immediately after the procedure, but these effects will wear off. Whitening teeth is not recommended for children under 13 years of age, or for pregnant or lactating women.

A few simple care instructions after your whitening treatment will help maintain the longevity of your results. We recommend flossing daily, brushing twice daily, and applying occasional touch-ups with a professional formula gel to keep your teeth white and healthy.

**Your smile is your most personal and expressive feature. It can portray your entire personality and friendliness instantly to all those around you.**

If you feel your smile is no longer as bright as it used to be, don't fall for the Whitening gels or toothpastes being offered on the shelves. They not only fail to work but also cause damage to your teeth thanks to the toxic chemicals that they are made from. Talk only to an expert Dentist who can offer Teeth Whitening services that are not only toxic-free but are also long-lasting.

We use 10% or 16% Carbamide Peroxide as proven to be the most effective. 10 / 16% CP – fully activated after 90 mins and bleaches the tooth at its most optimal level over 4-6 hours. However, a gentler approach to whitening can be worn for longer, accordingly. This treatment is very good for deeper stains.