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ALBERT PLACE  
DENTAL REFERRAL CENTRE

## Tooth Whitening



# Tooth Whitening

## How can I whiten my teeth?

We can whiten your teeth in three ways.

The first is a carefully supervised home whitening system. This involves custom-made trays that fit your teeth perfectly, being created by a professional laboratory. We then teach you how and where to place the special whitening gel. The trays should be worn at times convenient to you in the evening or at night, and will whiten your teeth carefully and gently over about two weeks.

The second method is the latest whitening system from America. ZOOM!<sup>®</sup> Advanced Power is one of the most widely researched whitening systems available today. The process is completed in about an hour and takes place in a relaxed setting in the surgery. Whitening gel is applied to your teeth and a special photo-activating light is applied to the gel, giving noticeably whiter teeth in a short space of time.

The third method involves a combination of both of the above. ZOOM!<sup>®</sup> Advanced Power is followed by the customised home whitening system. This gives the whitest and longest-lasting result, in the shortest space of time.

## What is ZOOM!<sup>®</sup> tooth whitening?

ZOOM!<sup>®</sup> is a bleaching process that lightens discolouration of enamel and dentin. It is a safe, fast and effective way of whitening your smile. In less than an hour your teeth can become noticeably whiter. This type of whitening is ideal for the individual looking for immediate results; and in comparison to days of wearing a tray, it can be the perfect choice for the busy individual. With proper care your smile will sparkle for years.



## Is ZOOM!<sup>®</sup> tooth whitening safe?

Yes. Extensive research and clinical studies indicate that whitening teeth, under the supervision of a dentist, is safe. In fact, many dentists consider whitening the safest cosmetic dental procedure available. As with any tooth whitening product, ZOOM!<sup>®</sup> is not recommended for children under 13 years of age and pregnant or lactating women.



## How long do the results last?

By following some simple post-whitening care instructions, your teeth will always be lighter than they were before. To keep your teeth looking their best, we recommend flossing, brushing twice daily, and occasional touch-ups with ZOOM!<sup>®</sup> Weekender or Nite White Gel. These are professional products and are only available through your dentist.

## How long does ZOOM!<sup>®</sup> whitening take?

The complete procedure takes less than an hour. It begins with a preparation period followed by as little as 45 minutes of bleaching. A cleaning is recommended prior to the actual ZOOM!<sup>®</sup> whitening session.

## Are there any side effects?

Sensitivity during the treatment may occur with some patients. The ZOOM!<sup>®</sup> light generates minimal heat which is the usual source of discomfort. On rare occasions, minor tingling sensations are experienced immediately after the procedure, but these fade.

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## What is the Opalescence tooth whitening system?

Opalescence is a carefully supervised home tooth whitening system. This tooth whitening system enables you to have confidence in your smile in a few simple, kind and affordable steps. It will not affect any current crowns, veneers or fillings.

## How does the treatment work?

This treatment consists of a professional take-home tooth whitening kit with custom-made trays. The dentist will take impressions of your teeth that will allow for the custom trays to be made for your treatment. The Opalescence gel is placed in thin, comfortable trays and fitted over your teeth. The gel bleaches out the discoloured areas and the structure of your tooth is not changed, the tooth is simply made lighter.

## How long do the results last?

The results from this treatment have proven to last indefinitely with some simple care and maintenance. Any kind of repeat whitening does not harm your teeth and touch-up kits are readily available from your dentist to maintain your new sparkly white smile.

It is important that you avoid any staining agents coming into contact with your teeth to enable the process to last longer and delay the need for further treatment.

## What do I do now?

Please ask at reception for further details. If you are registered with another practice, we would still be delighted to see you, however we would first like to assess your dental health and suitability. For a consultation please call 01260 271206.