



# The Hub Dental Practice



## Home Tray Whitening



### What does Tooth Whitening do?

Tooth whitening can be a highly effective, yet very simple way, of lightening the colour of teeth without removing any of the tooth surface.

Tooth whitening cannot make a colour change, but lightens the existing colour.

### What does the procedure involve?

First of all we explain what will happen and then if the patient is happy we complete the paperwork.

We then take an impression of the top teeth and then the lower teeth.

Later on in the day, or whenever it suits, we will check the fit of the trays and show you how to apply the gel and give you some home instructions which explain the best way to get the best results.

If you have any questions then these can be answered.

And then depending on the case we will give you instruction of how often you should use the trays and what to do if you have any problem.

### Why are we so much cheaper than most dentists?

Our aim is always to offer outstanding quality at affordable prices.

We make our own trays and can offer a same day service. We also do a large volume of tooth whitening and pass on the advantages of bulk purchase of materials.

### Why would my teeth need to be bleached?

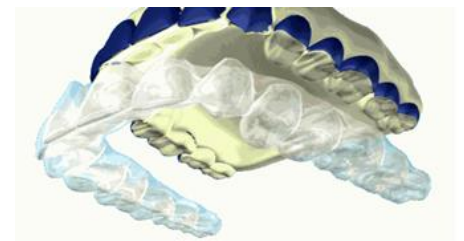
Everyone is different; and just as our hair and skin colour varies, so do our teeth. Some teeth have a yellowish tinge; some are more beige very few are actually 'White'.

Teeth also yellow with age can become stained on the surface by food and drinks such as tea, coffee and blackcurrant.

Calculus (tartar) can also affect the colour of the teeth. Some people may have staining inside their teeth. This can be caused by certain antibiotics or tiny cracks in the teeth, which take up the stain.

### How much does the procedure cost?

The cost depends on the severity of the staining; however the usual cost is £225. Please call 01908 690326 for latest Special Offers.



### Can I get extra gel?

Patients can get some extra gel. You will need to see the dentist, as this is a legal requirement, but you only pay for the gels. Extra gel cartridges are £35.00 each.

### How long does the procedure take?

Normally the treatment takes about 1 month, but this depends on the patients, the condition of the teeth and whether there are any complications like sensitivity

We advise either wearing the tray for 30 minutes to 1 hour at a time during the day.

For even better results leaving the trays in over-night, which means that a satisfactory result can be obtained in as little as 1 week.

### Will I be happy with the results?

Treatment results may vary depending on the original shade of the teeth. Teeth will tend to darken slightly over time. The effect can last for around 1 to 3 years, although sometimes it can last longer.

**But we do emphasize that we do not give any warranty or guarantee of a particular result or indeed any improvement at all. We find patients respect this honesty.**

The best way to maintain the result is to use some extra gel for about a week, every 6 to 9 months.

### What about other options if the whitening does not work?

There are other options if the tooth whiten does not work and we are happy to offer a free consultation with one of our dentists. you can then discuss all the options and alternatives.

### What about home kits from the local shop?

Over-the-counter kits are not recommended as they contain only a small amount of hydrogen peroxide which makes the product less effective.

Some also contain mild acids, while others are abrasive.

Although these products are cheaper, whitening is a complicated treatment procedure and should only be carried out by a dentist after a thorough examination and assessment of your teeth.

It is very important to follow the instructions your dentist gives you, and to make sure that you go for any follow-up appointments recommended.

### When might whitening not work?

Whitening can only lighten your existing tooth colour. Whitening only works on natural teeth. It will not work on any type of 'false' teeth. This includes dentures, crowns and veneers.

If dentures are stained or discolored then we can arrange to have them clean professionally.

Stained veneers, crowns and dentures may need some extra treatment. Ask us if you need to get more advice.

### What about whitening toothpaste?

There are now several whitening toothpastes you can buy.

Although they do not affect the natural colour of the tooth, they are effective at removing staining and therefore improving the overall appearance of the tooth.

Whitening toothpaste may also help to keep up the appearance, once teeth have been professionally whitened.

### What about a warranty or guarantee?

**We do not offer any warranty or guarantee.**

It is very important to read the consent form carefully and patients should only start the whitening treatment if you are completely happy about the risks, complications and anticipated outcomes.

