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General Information

Tooth whitening is designed to lighten the colour of your teeth.

Significant whitening can be achieved in the vast majority of cases, but the results cannot be guaranteed. When done properly, the whitening will not harm your teeth or gums. However, like any other treatment, it has some inherent risks and limitations. These are seldom serious enough to discourage you from having your teeth whitened, but should be considered when deciding to have the treatment.

Candidates for Tooth Whitening

Almost anyone is a candidate for tooth whitening. However, people with dark yellow or yellow-brown teeth tend to whiten better than people with grey or bluish-grey teeth. Multi-coloured teeth, especially if due to tetracycline, do not whiten very well. Teeth with many fillings, cavities, chips, etc., are usually best treated by veneers or crowns. Any current restoration you have, such as, fillings, crowns, onlays and inlays cannot be whitened.



Home Whitening

This process, which can be done anywhere and anytime, involves wearing a custom-made whitening tray filled with a mild whitening agent for optimal results. You should wear the gel-filled trays for 1-2 hours a day, depending on the strength of the whitening agent. You should continue treatment for about one to two weeks, depending on the degree of whitening desired. The advantages of home whitening include performing the treatment when it is convenient for you. The disadvantage to home whitening is that the success of the treatment is dependent on your commitment to wearing the whitening tray consistently for the prescribed period.

Your Responsibilities

Wearing Your Whitening Tray

If you choose home whitening, it will only be effective if you conscientiously wear the tray for the prescribed time for one to three weeks.

Complications

If you experience any severe discomfort or other problems, discontinue the whitening and contact us immediately. Most sensitivity is usually transient and disappears after one to several days.





Potential Problems

Tooth Sensitivity

During the first 24 hours following whitening, some patients experience transient sensitivity. This sensitivity is usually mild if your teeth are not normally sensitive. With some whitening, it may be necessary for you to reduce the number of minutes or hours you are wearing the whitening trays or stop using them for several days to resolve the sensitivity.

However, if your teeth are normally sensitive, whitening may make your teeth more sensitive for an extended period of time. Under these circumstances, you may choose to delay the whitening process until we are able to complete desensitization procedures. If your teeth are sensitive after whitening, a mild analgesic such as Paracetamol will usually be effective in making you more comfortable until your tooth sensitivity returns to normal.



Gum Irritation

This is the result of a small amount of solution coming into contact with the gums. This can cause temporary inflammation and white spots. A burning sensation on your gums may also occur. This should resolve itself between a few hours to a few days. You may also experience burning and/or swelling of the lips. With home whitening, irritation can result from over filling your trays causing leakage onto the gum tissue. Irritation can also occur if you are using the tray for too many hours when you first start whitening. It may be necessary for you to reduce the amount of gel placed and reduce the amount of time you are wearing the trays or stop wearing for a few days.

Completion of Treatment

Level of Whitening

There is no totally reliable way to predict how light your teeth will whiten. With home whitening, it may take two to four weeks or longer of repeated applications to achieve the desired results. There are no guarantees as to the degree of whitening of your teeth. The amount of whiteness varies with each individual.

Relapse

Following completion of whitening, pigments found in food and drinks will restrain your teeth, commonly called whitening relapse. You may use daily mild whitening toothpaste to prevent staining of the teeth.

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1. Before each whitening treatment, brush and floss your teeth.
Do not use a mouthwash prior to treatment
2. Using the Treatment syringes supplied, remove the cap on the tip and squeeze a small amount of gel on the front inner wall of each tooth in the tray. Please note, the trays are custom made and close fitting, apply enough gel to spread over the outer surface of the tooth without too much excess.
3. Wearing the whitening trays: After filling the trays, place the tray firmly over your teeth. Wipe off any excess gel with a tissue. Wear your whitening tray for at least one to three hours. You may wear the trays whilst asleep.
4. After care: After you remove the trays at the end of each treatment, brush your teeth softly with warm water to remove the gel. Wash the trays in warm water, a toothbrush can be used. Store the trays and gel in a cool dry place away from direct sunlight. The gel may be refrigerated but do not freeze.

I have read the information provided and understand the whitening procedure.

I consent to this treatment.

Patient Signature:

Date:



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