

Tooth Whitening

Having teeth to be proud of often makes us more confident about the way we look and feel.

Tooth whitening is a successful and simple method of lightening the colour of your teeth. Teeth yellow with age but drinking tea, coffee and soft drinks all speed up this process.

Smoking and other staining agents will also contribute to the darkening of the teeth. The whitening technique removes the staining agents that have penetrated deep within the tooth and is most effective on mildly discoloured teeth.

However, darker teeth can also be successfully lightened in colour but the process may take a little longer. The degree of whiteness achieved will vary from patient to patient and with the type of bleaching process chosen.

Bleaching is one of the simplest forms of cosmetic dentistry. It is so simple to do and often needs only one or two visits.

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Registered In England No 680 8553



**Recover your natural smile
with tooth whitening.**

Want A Brilliant Smile In Just 15 Minutes?

HDIC have been treating many people with the following tooth lightening techniques very successfully.

There are two main ways of bleaching your teeth. Firstly, you can do the bleaching at home yourself by using some specially made clear vinyl trays that we will make for you. Less than 1mm thick these just fit over your teeth and are worn from 15 - 60 minutes a day and results are seen after about 3 days. They are very thin and discrete and will allow most people to wear them when they want.

The second method of bleaching is in-surgery bleaching and is done by the dentist. To get the best results we provide our patients with the home kit first and follow that by up to two half-hour laser whitening sessions. This will get your teeth to the whitest they will naturally go without resorting to veneers or crowns.

Does bleaching harm my teeth? There is no risk of damaging the teeth with this bleach; indeed it may actually be beneficial to those patients with gum problems because of the released oxygen. Patients may report a temporary sensitivity which stops when bleaching is finished. The bleaching kits are suitable for most people although they will not bleach existing fillings, crowns or veneers. If you have any crowns etc at the front they will remain the same colour and might need replacing to match up with your new, smile.

Only the bleaching agent supplied by the dentist must be used. On no account must any other type of bleach be used!

Although we can guarantee your teeth will lighten, we can't guarantee by how much. Some teeth bleach better than others. It is recommended that you do not use the kits whilst pregnant or breast-feeding. Full instructions will be given in surgery.



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