



ELMSLEIGH HOUSE DENTAL CLINIC  
experience excellence

# Our guide to teeth whitening

## A safe way to a brighter smile for adults

# Teeth whitening – a safe way to a brighter smile for adults

- **Teeth naturally discolour over time and can be stained by some food and drinks**

Teeth naturally yellow and discolour over time, but smoking and some food and beverages can also cause hard-to-shift stains. Teeth can also be discoloured with speckled enamel, white banding or coloured spots, and can be stained during development by tetracycline, a broad-spectrum antibiotic.

At Elmsleigh House Dental Clinic our experienced and friendly dentists will listen to your concerns about the colour of your teeth, assess your needs and tailor your teeth-whitening treatment to give you a natural-looking, brighter smile.

- **Our teeth whitening agent**

The teeth-whitening agent we use is carbamide peroxide. This is applied as a gel to mouth trays that are custom made to fit around your teeth precisely. The carbamide peroxide penetrates the enamel of your teeth and oxidises the pigment bonds in the dentine, which brightens your teeth without damaging them. Our teeth whitening treatment is monitored throughout by your dentist to ensure the process is safe and effective.

- **Our fees for teeth whitening**

Teeth whitening costs £495 to whiten your entire mouth, which includes all appointments with your dentist, your bespoke mouth trays (upper and lower teeth) and a supply of whitening gel to achieve a naturally whiter shade.

To 'top-up' your treatment and restore your whiter teeth later on, replacement tubes of gel can be prescribed by your dentist at a cost of £20 each.

# Our teeth whitening process...

- Your dentist will take time to listen to what you want to achieve, assess your dental health and tailor the teeth-whitening process to suit you
- Fast-setting dental material is used to take impressions of your teeth, which are used to make custom-made, high-quality mouth trays that fit you correctly. You keep the models of your teeth and mouth trays, which last for future treatments
- You will be shown how to safely apply the carbamide peroxide gel to your mouth trays and how to fit them around your teeth
- You will take home your mouth trays with sufficient teeth-whitening gel to achieve your whiter, brighter shade without damaging your teeth's enamel
- You will need to apply the whitening gel to your mouth trays and wear them every day for a length of time specified by your dentist
- You should continue using the gel until you have achieved a shade you are happy with; this normally takes two to four weeks depending on your individual needs
- Your dentist will carefully monitor your home whitening treatment to achieve the best result possible, so you know the results are safe as well as effective
- Stains can reappear on your teeth over time, especially if you smoke or drink tea, coffee or red wine; your dentist can prescribe you gel to 'top-up' the treatment until your white teeth are restored

... ensuring you will be happy with your brighter smile

# Some frequently asked questions

## Is teeth whitening suitable for everyone?

Teeth whitening is suitable for most people aged over 18, but not if you have gum disease, are pregnant or are breastfeeding. It is not effective on false teeth, crowns, veneers or fillings (including tooth-coloured fillings), so you may have to consider replacing these with paler ones to match the colour of your whiter teeth.

## Are there any side effects of teeth whitening?

The gel used in teeth whitening may occasionally cause teeth sensitivity during treatment, although this should be transient. Your dentist will advise you on how to manage sensitivity if it occurs, such as adjusting the duration of time or frequency of wearing your mouth trays.

## How can I look after my teeth to ensure they stay white?

To help your teeth stay as white as possible you should limit any food and drinks that can stain them, such as deeply coloured fruit and sauces, tea, coffee and red wine, desist from smoking, brush your teeth well twice a day and visit your dentist and hygienist regularly.

## How long will the effects of whitening last?

The whitening effects depend on many factors, such as your age, previous tooth shade and dietary habits. You can maintain your desired colour by using your gel to 'top-up' the treatment as required.



Our teeth whitening treatment is a minimally invasive, cost-effective and predictable way to achieve a brighter, whiter smile

An example of before and after teeth whitening, straightening and cosmetic bonding





The team at Elmsleigh House Dental Clinic are friendly and dedicated to ensuring patients experience excellence in care and treatment



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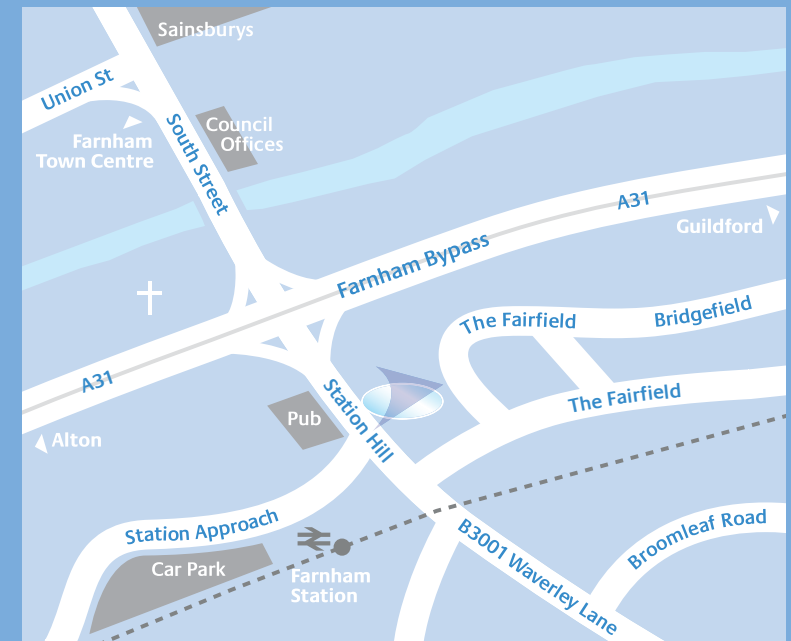
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Farnham is easily accessed by the M3, A3, A31 and M25, and Elmsleigh House Dental Clinic is located directly opposite Farnham Railway Station. Free parking spaces can be found at the rear of the practice in The Fairfield, providing level access to the clinic, and there are public car parks in the town centre within walking distance. We look forward to welcoming you.



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