WELLINGTON HOUSE DENTAL PRACTICE

NEWSLETTER

TOOTH WHITENING

As cosmetic treatment is becoming evermore popular, with tooth whitening one of the most commonly asked about, we thought we would like to take this opportunity to give you some more information.

Tooth whitening can be a highly effective way to lighten the natural colour of your teeth, without any invasive dental treatment and without removing any of the tooth surface. It can also be done in the comfort of your own home, with 2 or 3 visits needed with your dentist to review your progress.

WHY?

There are a number of reasons why your dentist may advise a whitening treatment, some of the common reasons include discoloured teeth through previous dental problems and staining under the surface of the teeth caused by tiny cracks. Our teeth also become darker as we get older! Tooth whitening can only lighten your existing tooth colour, it will only work on natural teeth, it will not work on any types of 'false' teeth such as dentures, crowns or veneers.

HOW?

The procedure of tooth whitening here at our practice involves a short appointment with your dentist to make sure you are suitable for the treatment. Impressions of your teeth are then taken and sent to the laboratory for special trays, tailor made to fit your mouth. These are very similar to thin gum shields. At your next visit your dentist will demonstrate how the treatment is carried out. You then commence the treatment at home by wearing your custom made trays normally at night time while you sleep. This means regularly applying the special tooth gel every night over 4 to 6 weeks. You will have 2 or 3 visits with your dentist to review the colour change. This means satisfactory results can be achieved in as little as a week!

HOW LONG?

The effects of whitening are thought to last up to 5 years, but can vary from person to person. The effect is less likely to last as long if you smoke, or eat or drink products that can stain your teeth.

Feel free to ask a member of staff for more information or book a consultation appointment with your dentist.

CHRISTMAS OPENING TIMES

Christmas Day
Closed

Boxing Day
Closed

Wednesday
December 27th
9-00am– 4-00pm

Thursday
December 28th
9.00am– 5-00pm

Friday December 29th
9-00am – 5-00pm

Monday January
1st 2007
Closed

In case of an emergency out of normal surgery hours all our registered patients have access to our emergency service. Please telephone the number below and our answer phone will direct you to the duty dentist. This may mean you do not see your own dentist, however the duty dentist will be able to advise you and if treatment is necessary will arrange to see you.

01362 695504