At-home whitening kits

An alternative teeth whitening treatment that fits in around your busy schedule is our at-home whitening system. We supply custom-made trays resembling a sports mouthguard for you to use at home. Special whitening gel is applied into the trays, which are then worn overnight.

Your whitening treatment takes 7-10 days to achieve your desired shade, although you will start to notice a significant difference after just a few days.

All our teeth whitening methods are completely safe to use. To enhance the longevity of your whitening treatment, we will happily offer advice on the lifestyle and food choices you can make to prolong your results.

Smoking or eating strongly dyed foods will discolour your teeth much more quickly, but with our recommended care routine, many of our patients attain a brighter smile that can last for two years or more.

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TEETH WHITENING

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Captivate and conquer with your new white smile

Attractive smiles captivate an audience, and your smile is one of the first things people notice about you. A smile that is beautiful, white and natural-looking can give you a self-confidence boost and make you proud to display your teeth. That's why an increasingly popular treatment option is teeth whitening.

As we age, there are many factors that can mean your teeth are no longer as white and bright as they once were. Thefoods and drink we consume, some medications, and the natural ageing process can all contribute to darkening of your tooth enamel.

If you are unhappy about your smile because it is not as white as it used to be, you may be lacking confidence which can affect your ability to perform at your best, both in the work place and socially. Fortunately, we can offer you a safe and effective teeth whitening procedure to help

Tooth discolouration is a common problem, and almost anyone can benefit from teeth whitening. Like any procedure however, your individual situation will determine the results of your treatment. A thorough assessment of your mouth will help determine your suitability for a whitening procedure. All teeth whitening procedures have undergone extensive research and clinical studies to ensure they are completely safe. Occasionally, patients may experience some slight sensitivity, or rarely, a minor tingling sensation immediately after the procedure, but these effects will wear off. Whitening teeth is not recommended for children under 13 years of age, or for pregnant or lactating women.

A few simple care instructions after your whitening treatment will help maintain the longevity of your results. We recommend flossing daily, brushing twice daily, and applying occasional touch-ups with a professional formula gel to keep your teeth white and healthy.

In-chair whitening

In chair whitening by a professional oral health therapist is an advanced system that's safe, fast and very effective, giving you a beautiful new smile in around an hour from the comfort and convenience of our dental practice. First we carry out a thorough professional clean of your teeth before the actual whitening session. Your in chair procedure then begins with a preparation period, followed by 45 to 60 minutes of actual whitening.

In chair whitening technique uses a bleaching process to lighten your discoloured teeth, with the application of a whitening gel to your teeth which is then activated by a blue UV light. This light triggers the gel's active ingredient, hydrogen peroxide, helping it penetrate the surface of the tooth and bleach coloured substances, while leaving your tooth structure unchanged. After your whitening treatment your teeth will typically be at least six to ten shades whiter, and sometimes more. In many cases your teeth will get even whiter the first few days after your treatment.

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