

TEETH WHITENING

Who can carry out teeth whitening?

New laws mean that **ONLY DENTISTS** can offer teeth whitening using peroxide. It is illegal for anyone other than a dentist (e.g., beauticians, hairdressers, or salon staff) to whiten teeth using peroxide.

Is teeth whitening safe?

If carried out by a dentist, whitening is perfectly safe. Based on a thorough examination of your mouth, and their knowledge of your oral health, your dentist will discuss your options, decide if teeth whitening is right for you.

What about retail or online products?

The products you can buy online or from the shops are often not clear about exactly what they contain so it's very difficult to know if they are safe to use. Also, they won't produce the same results you can expect by visiting your dentist.

Is teeth whitening successful?

Dentist-prescribed teeth whitening using the tray system is in most cases very predictable and successful. If your teeth are likely to be more difficult to treat, your dentist will inform you in advance.

What happens during teeth whitening?

A low but highly effective concentration of hydrogen peroxide (bleach) is applied to your teeth using specially made trays that properly fit around your teeth.

Your dentist can estimate from a chart what improvement in colour you're likely to achieve. He/she will also give you an idea of how long treatment will take – usually up to two weeks.

How long does whitening last?

Dentist-prescribed teeth whitening remains stable over time, with little reduction in whiteness. A top-up after one to two years will very quickly restore any slight loss of colour.

For more information on teeth whitening, talk to your dentist

