

Tooth Whitening

INFORMATION LEAFLET

SHELLEY & POPE

Dental Practice & Referral Centre

Your referral

We are pleased to see patients from other practices for tooth whitening. You will remain a patient of your own dentist and continue to see them for your regular dental care.

The clinicians

- ▶ Rebecca Hanson BSc – registered dental therapist
- ▶ James Tinning BChD MFDS RCPS (Glas) PG Dip (Rest)
- ▶ Simon Pope BDS (Hons) MJDF RCSEng PG Dip (Endo)
- ▶ Andrew Shelley PhD MSc BDS MFGDP(UK) DPDS MGDS RCSEd FFGDP(UK) FDS RCSEd Dip Rest Dent RCS Eng

Our private practice is fully equipped and both our dentists are experienced in surgical extractions. We have high standards of infection control so that you can be reassured that you will be treated safely. We have been inspected and are fully registered with the Care Quality Commission.

Why tooth whitening?

Tooth whitening is one of the most popular ways to enhance your smile. Our qualified professionals will work with you to restore your teeth to their natural whiteness. Our teeth whitening treatments are safe and proven to lighten the shade of your teeth. It is a legal requirement that tooth whitening is carried out by a registered dentist or on referral by a registered dental therapist.

How does tooth whitening work?

Teeth darken over time with smoking, ageing and coloured foodstuffs such as tea, coffee, curry and red wine. These products penetrate the tooth's enamel surface causing discolouration of the teeth and internal staining. As the bleaching agents' breakdown, it allows oxygen to filter through the enamel. Oxygen breaks down the stain molecules. Staining quickly disappears without damaging the tooth structure.

Will my crowns or bridges also be whitened?

Tooth whitening does not work on existing crowns, bridges or fillings, as the materials used are not susceptible to whitening. Crowns, bridges and fillings can be replaced after whitening to match the final result.

How long does whitening take?

You will usually see a difference after two to four weeks wear.

What happens on the day of your consultation?

Firstly we will want to know all about your medical history. This is so that we can treat you safely. We will then check your teeth for fillings, crowns or bridges as they will not be affected by the whitening gel. Providing you are suitable for whitening, impressions will be taken and sent to the laboratory for a custom made tray.

How many visits will I need?

The trays usually take 7 days to make at the laboratory, at your fit appointment the trays will be fitted, pre-operative photographs and shade taken, the carbamide peroxide gel will be prescribed and whitening instruction will be given. You will then require review appointments, usually 2 and 4 weeks after whitening. Post-operative photographs and shade guide will be taken.

Will it hurt?

You may experience sensitivity to cold things during the time that you are whitening your teeth. This is to be expected and will stop a day or two after you stop whitening.

Is tooth whitening safe?

Studies have been carried out to show tooth whitening by the method we use is very safe. The whitening gel is harmless and you cannot damage your teeth.

How successful is tooth whitening and how long does it last?

Studies have shown that tooth whitening is 97% successful. After 3 years the whitening effect is unchanged in 74% of patients. However, it is very simple to carry out further bleaching if necessary.

Price list

For our current fees, please see our accompanying fee guide or our website.

How to make an appointment

Please call in or telephone us on **0161 320 4230**. Our reception staff will be pleased to make you an appointment at a convenient time.

The Practice

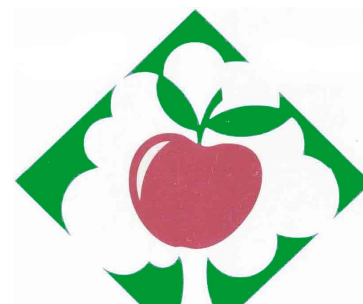
Our practice is situated on Stockport Road in Denton about 250 yards South from Denton Centre "Crown Point". There is easy parking on side streets and a public car park very near on Town Lane.

The practice is easily accessible via the M60 motorway. If you are coming from the South, take junction 25 and follow signs for Denton. This will take you directly to the practice after about 3 miles. If you are coming from the North take junction 24 and then take the M67 motorway. Take junction 1 of the M67 then turn right at the T junction at the top of the slip road. This road will take you directly to the practice in just under half a mile.



Shelley & Pope Dental Practitioners

117 Stockport Road,
Denton,
Manchester
M34 6DH
0161 320 4230



Tooth Whitening Instructions

- You should continue to brush your teeth in the normal way. In addition, it is helpful to brush your teeth before and after a whitening session
- Remove the cap from the syringe containing the whitening gel. Fit the syringe tip onto the syringe
- Extrude a little of the gel into the tray where it fits onto the front surface of each tooth that you are going to whiten.
- Place the tray over the teeth and slowly press it onto the teeth until it seats fully
- Use a tissue to wipe away any excess whitening gel from the edges of the tray.
- You can wear the tray overnight. If you prefer, use it for two hours at another time during the day, for example whilst watching television. Do this every day for two weeks or until your next appointment.
- When you have finished a whitening session rinse the trays in cold water. Store them on the casts, if possible, to keep them in shape. Keep the whitening gel in the fridge.
- Don't eat or drink or smoke during a whitening session

Sensitivity

You may experience sensitivity to cold things during the time that you are whitening your teeth. This is to be expected and will stop a day or two after you stop whitening. The whitening gel is harmless and you cannot damage your teeth. If you have sensitivity which you find uncomfortable then you can whiten your teeth every two or three days instead of every day. However your whitening will take two or three times as long if you do this.

What else can I do to reduce the sensitivity ?

We recommend Colgate Sensitive toothpaste. This contains potassium nitrate which is thought to be the most effective to use during tooth whitening. As well as using this tooth paste in the normal way you can place it in the whitening tray and apply it to your teeth in the same way as the whitening gel. Do this for 30 minutes or wear it at night if you prefer.

Acidic drinks and fruit can sometimes make the sensitivity worse.