



Tooth Lightening and Whitening

What is Tooth Lightening?

Tooth Lightening is bleaching the enamel of the teeth.

What does this involve?

- ◇ Initial shade of the teeth is recorded.
- ◇ Impressions of the teeth are taken from which custom made bleaching trays are fabricated.
- ◇ One drop of bleach is required for each tooth space in the tray.
- ◇ Wear the trays for 1 to 2 hours each day.
- ◇ Bleaching effect is most active in the first 10/14 days.

Notes

- ◇ There can be a slight relapse over a year and so an occasional 'top up' is recommended.
- ◇ The teeth and gums can become tender and sensitive. If this occurs leave bleaching for a few days and use a toothpaste for sensitive teeth.

**FOR MORE INFORMATION ON TOOTH WHITENING
PLEASE VISIT
OUR WEBSITE OR CALL:
01782 274911**