



## Goodwin & Associates Dental Practice

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### Patient information Tooth Whitening



#### What is tooth whitening?

Tooth whitening can be a very effective way of lightening the natural colour of your teeth without removing any of the tooth surface. It cannot make a complete colour change, but it may lighten the existing shade.

The effects of whitening are thought to last up to three years. However, this will 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.

#### What does tooth whitening treatment involve?

The dentist will take an impression(s) of your teeth so that the lab can make you a special tray (like a Gumshield) in which you put the gel that will whiten your teeth. At this same appointment we also record the colour of your teeth before starting any treatment. Your impression(s) is sent to the lab and one week later you will have another appointment to make sure that the tray fits and to show you how much gel you should be placing in the tray. You can wear the trays as often as you like and you can keep wearing them until you get the amount of whitening you desire. You will find that eating and drinking some foods and smoking will stain your teeth. These include red wine, tea coffee. If you consume large amounts of these types of foods, or smoke heavily, you will need to keep 'topping up' the whitening effects. Most people find they will need to be doing this every 6 months or so.



Clean teeth



Apply gel to tray



Place tray in mouth



Clean tray after use