



Tooth Whitening

What is tooth whitening?

Legal Tooth Whitening uses safe, specially manufactured Hydrogen Peroxide based chemicals to lighten the natural colour of your teeth without removing tooth tissue or damaging the tooth structure. It will not work on fillings or crowns.

What does tooth whitening involve?

Legal tooth whitening uses a specially formulated Hydrogen Peroxide gel that is specifically designed for teeth. The process involves your dentist taking moulds of your teeth, from which custom made plastic trays are made that fit over your teeth (they won't fit in anyone else's mouth). These are called bleaching trays.

Legal background

You may be aware of the questions over the legal status of tooth whitening products in the UK. This relates to European Union legislation as to whether the bleaching products are categorised as a cosmetic or a health product, and does not relate to the safety or effectiveness of the products we use.

Is it safe?

All the evidence is that the bleaching products we use are 100% safe and non-toxic and, if used properly, do not damage the teeth or gums in any way. This contrasts with the procedure of placing veneers for example, which requires the drilling and preparation of the front surfaces of the teeth.

Does it hurt?

Some patients suffer from a degree of sensitivity during and after bleaching. This always resolves itself after the end of treatment, and can be controlled during the treatment if necessary.

How long will it take?

This can vary. Some people are happy with the result after just two weeks, whereas, for others it may take up to eight weeks.

Will it work?

It is our experience that bleaching always works to some degree, though it is impossible to predict the final result. Though the effect tends to be more dramatic on younger people, all ages will benefit! Your dentist will measure the shade of your teeth at the beginning of the treatment so that progress can be monitored.

How long does it last?

Usually up to two to three years, this will depend on your diet, lifestyle etc. Assuming your bleaching trays still fit, we can "top up" with a shorter course.