

Q. What causes tooth discolouration?

A. The most common causes are tea, coffee, tobacco, red wine, coloured drinks and, the one even the most purist among us cannot avoid, ageing.

Q. Who has teeth whitening?

A. It's no longer the preserve of the Hollywood elite. It's for anyone who takes an interest in the health and appearance of their smile.

Q. What is whitening?

A. Whitening is the process through which your teeth are made cleaner and brighter. There are 2 main types: tray-based whitening and "laser/power" whitening. Both types use a bleaching gel.

Q. Tray-based whitening?

A. We take an impression of your mouth to make a custom-made mould. This is then filled with whitening gel and is worn for between 7–10 sessions. This can be done at home.

Q. And new "laser or power" whitening?

A. This is carried out in the practice and has the dual advantage of being much quicker and more effective. It involves applying a stronger, light-sensitive whitening gel to your teeth. The gel is then accelerated by the Elite bleaching light.

Q. What method do you advocate?

A. We use both. However, the very latest and most effective method is an American import called Zoom Advanced Power system. We call it by the acronym ZAP as it's less of a mouthful.

The ZAP whitening gel allows oxygen to enter the enamel and dentine bleaching any coloured substances. It leaves the structure of the tooth unchanged. The ZAP light activates the gel helping it penetrate the tooth.

A recent study has shown that the ZAP lamp increases the effectiveness of the gel by 26%.

Q. How long does it take?

A. The good news is that it takes very little time. The procedure begins with a preparation period followed by as little as 45 minutes whitening. We do recommend a pre-treatment cleaning session to maximise the whitening potential.

Q. How much whiter can I expect my teeth to be?

A. The ZAP system improves your tooth whiteness by an as much as 8 shades, as measured by the Vita Classic Shade Guide. (Data on file).



Before

After

Fillings or crowns won't change colour and may need to be replaced, depending on where they are in your mouth.

Q. Will whitening change my life?

A. Well, it will certainly help you to love your smile...and it's not a bad place to start.

Q. How long will it last?

A. The results can last up to 10 years and your teeth will certainly be lighter than they were. You will need to follow simple post-whitening care instructions – flossing, brushing twice a day and occasional maintenance with Zoom! Weekender or Nite White gel.

Your mouth's health is integral to the success of the whitening. Regular visits will help to ensure that your teeth are as fighting fit as they can be.

Q. Can it hurt?

A. Sensitivity can occur in some patients during the ZAP treatment. The light generates minimal heat, which is the usual source of discomfort. On very rare occasions, minor tingling sensations are experienced immediately after the whitening but do not last long.

Q. Is ZAP suitable for everyone?

A. Tooth whitening is a well-established procedure in cosmetic dentistry. Hydrogen peroxide solution, the active ingredient in whitening, has been used safely for many years in the treatment many dental procedures.

However if you are light sensitive, undergoing PUVA therapy (Psoralen +UV Radiation), photochemotherapy or if you have a melanoma, we'd recommend tray-based whitening instead.

If you are taking any light-sensitive drugs - prescription, homeopathic or over the counter - then you should consult your doctor before treatment.

Q. What's the next step?

A. If whiter teeth sound appealing, then please do contact your nearest practice to arrange a free whitening consultation.