

BLEACHING (WHITENING) YOUR TEETH



Enlighten is the system of tooth whitening that we do.
www.enlightensmiles.com

Tooth whitening is something we have wanted to provide for a long time, not least so that we could whiten our own teeth! We have tried many systems both on ourselves and our long-suffering families. What we have found is this system.

Deep Bleaching:

- Changes the tooth colour dramatically
- Causes the least sensitivity
- Is comfortable to use
- Lasts well and is easily topped up

Cost £545

PROCEDURE

Step 1

Impressions are taken of both upper and lower arches in special metal trays.

These are sent to the only laboratory in the UK that is licensed to make the patented deep bleaching trays. These are thin and just cover the teeth, but retain the whitening agent in them far better than the usual tray design. Therefore the whitening agent stays in the tray working on your teeth rather than flowing down your throat.

Step 2 1 week later

We issue you your trays and bleaching kit.

The whitening agent is placed into the trays and worn each night for 2 weeks. We have found the trays to be quite comfortable to wear and they do not move around in your mouth. We had no problems sleeping with them in. This again patented whitening agent is designed to be effective with minimal sensitivity.

Step 3 2 weeks later

Return to the surgery for the final intensive deep bleaching session. It is vital that the trays have been worn as directed just before this session; they have gently prepared the teeth for whitening. At the final stage the trays are worn for 2 20-minute sessions containing a stronger whitening agent. This completes the process.

Your kit contains a pack of desensitising swabs, in case of sensitivity. Stacy, who has extremely sensitive teeth, used them and reports that they taste disgusting and work well. She was able to use the system and she cannot drink cold water from the water-cooler.

There may be some whitening agent left in the syringes in your bleaching pack. It is recommended that the system be used, once a month is advised, for 1 night to maintain the whiteness.

In our experience, 1 night every 3 or 6 months is what many patients do. Colette is more 1 night every 2 years!