

Tooth Whitening

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What is tooth whitening?

Teeth vary in colour, some are yellower and darker than others, even when they are quite healthy. Teeth tend to get darker as people get older.

Teeth sometimes become darker if their roots have been damaged or diseased and the nerve has died.

Tooth colour can be very effectively lightened with Hydrogen Peroxide (bleach)), used on either the outside or inside of the tooth.

Home whitening kits

Before you can use a home whitening kit, Keval will have to take an impression of your top and bottom set of teeth. This is so that the Dental Technician can make a tray to fit.

At your next appointment, Keval will check that the tray fits and show you how to apply the bleach in the tray at home.

Keval will give you weak bleach jelly to use at home in the tray made just for your teeth. The tray makes sure that the jelly does not burn your gums.

You will need to put the tray in your mouth for a few hours on several occasions, as instructed by Keval (probably over a period of a few weeks). Your teeth may be sensitive to hot and cold food and drink for a few days after bleaching. This will fade with time.

What are the benefits?

Tooth whitening improves the appearance of your teeth without removing any of the natural tooth surface. Tooth whitening is a better option than a crown or a veneer if you want to lighten the colour of healthy teeth, because placing crowns or veneers involves changing the shape of the tooth.