

How long will I need to wear the trays for?

This depends on the amount of lightening that you desire and the original shade of the teeth. However, we provide you with whitening gel that removes stains quickly and hence requires shorter treatment sessions which can be easily fitted into everyday activities. Wear time is typically 30 minutes, twice a day, for approximately twenty days. The degree of whiteness will vary from patient to patient, depending on the structure of the teeth, the number of applications, and/or the duration of time that the system is used

How long does the whitening last?

The teeth will always be lighter than they once were; however, the effect is dependent on what caused your teeth to discolour in the first place. In order to maintain the whitest tooth shade possible, we recommend that you avoid substances such as; coffee, red wine, tobacco or coke. Some patients require "top-up" treatment for a few days after 12-24 months. Top up syringes are available at the practice.

How much will it cost?

Tooth whitening is a simple and affordable aesthetic option, changing the appearance of your teeth to achieve a healthy, award winning smile.

Consultation: FREE
Existing Patients: £250
New Patients: £299

To find out more contact us:

39 Chapel Road
Bexleyheath
Kent DA7 4HW

Tel: 020 8303 6836
Fax: 020 8303 4020
Email: info@chapelroad.co.uk
www.chapelroad.co.uk



Confidence in your smile

"Treat yourself to a whiter, brighter smile."

Now everyone can enhance their smile, whiter and brighter teeth are available to all.

Chapel Road Orthodontics provides a professional approach to tooth whitening, effectively transforming discoloured teeth into whiter, brighter smiles.

Tooth whitening is an ideal way to apply those finished touches to your orthodontic treatment with us, a perfect gift idea or perhaps you just want to look great. Whatever your reason, healthy looking teeth allow you to smile with confidence.

Start your journey for a whiter brighter smile by contacting reception to arrange your free consultation today.

What is Tooth Whitening?

It is a bleaching process that lightens discolouration of enamel. Tooth whitening is a highly effective way of lightening the natural colour of your teeth without removing any of the tooth surfaces. The system uses a mild solution retained in a custom made tray that is worn over your teeth.

What causes tooth discolouration?

There are many causes. The most common include ageing, consumption of staining substances (coffee, tea, tobacco), trauma, nerve degeneration, and old restorations.

What can tooth whitening do for you?

Tooth whitening is the simplest, kindest and most affordable way of enhancing your smile.

Many people look and feel years younger after the treatment, having erased stains caused by tobacco, food and beverages and internal pigments which make your teeth look darker as you age.

The whitening technique removes the staining that has penetrated deep within the tooth, achieving that celebrity smile.

Key benefits

- A Confident and Winning Smile
- Enhanced Self Esteem
- A Simple & Affordable Aesthetic Option
- Total Patient Control
- Cost effective treatment, with top ups available to ensure long lasting results

What to expect?

During your first visit you will receive a consultation with our whitening specialist to discuss your treatment needs. Photos and impressions are taken to record your current shade and specially designed trays will be custom made. These offer reduced sensitivity with an internal seal and dimples to stop gel overloading causing gum irritation. You will be given specific instructions on how to administer the gel and how often to wear your trays.

A follow up appointment will be made within one month after you commence treatment to assess your progress. Follow all instructions given and maintain good oral hygiene with thorough brushing and flossing.

How does it work?

The whitening gel is placed in a thin bleaching tray that fits over your teeth. As the active ingredient in the gel is broken down, oxygen enters the enamel and the coloured substances. The tooth structure is not changed, however, the tooth colour is made lighter.



Before



After



Is it safe?

Yes. Research and clinical studies indicate that whitening teeth with Carbamide Peroxide and Hydrogen Peroxide under the supervision of a specialist is safe for teeth and gums.

Are there any side effects?

Some people experience increased tooth sensitivity during treatment. Those symptoms are temporary and will disappear within 1-3 days after interruption or completion of the treatment.