



HOW TO MAKE YOUR TEETH SPARKLE THIS CHRISTMAS

Michele King from Portstewart Family Dental talks through the process involved in getting a gleaming smile.



With a variety of beauty regimes making the rounds, tooth whitening kits may be one many of us wish to consider exploring. Teeth discolouration is a tricky one to come to terms with – leaving people feeling a lack of confidence and disliking photos of themselves where their teeth appear slightly yellow.

It's something all of us suffer from – as a result of years of drinking coffee, tea, juice and wine (and who doesn't love a glass of red every now and then?). Even smoking and consuming some medicines can cause issues.

So firstly, let's look at the over-the-counter products. It is important to note that the results won't be quite as dazzling as the dentist's chair will deliver due to the fact that at-home kits are restricted to hydrogen peroxide concentrations of 0.1% and under, whereas dentists themselves can use up to 6%.

Whitening toothpastes can help to remove stains which have attached to the tooth surface.

Whitening strips can provide a short-term temporary change in shade, however for a better result which is longer lasting, professional tooth whitening is required.

ARE THERE SAFETY ISSUES AROUND TOOTH WHITENING?

The law states that products between 0.1% and 6% hydrogen peroxide can only be supplied by a dentist and a clinical examination must be undertaken before use.

It is illegal for anyone other than a dental professional to administer tooth whitening between these concentrations. This is to protect your teeth

and gums. If not administered correctly the results can be devastating. Therefore, please do not attend anyone other than a dental professional for tooth whitening.

The law also states that a patient must be at least 18 years old. This is because of the large size of the pulp and nerves inside the teeth which must be protected at a younger age.

Whether you have a mild yellow stain that you want to budge or you're pre-empting what is only natural to come, we're here to talk about the best teeth whitening kits and treatments.

There are four different categories of tooth shades, creams and yellows and browns and greys. The results of tooth whitening do vary from patient to patient. The first two categories tend to lighten the most, however, it is sometimes possible to change the hue of grey teeth into the creamier shade category if completed by a skilled dental professional.

It is important to know that porcelain veneers, crowns, bridges or white composite fillings will not change colour during tooth whitening.

SCALE & POLISH OR AIRPOLISH

Prior to tooth whitening, we recommend a scale and polish and/or airpolish. This will remove unsightly tartar and stains on your teeth leaving your mouth feeling fresh and clean. After this your teeth will be ready for tooth whitening, and you will get a much better result from whitening treatments.

TOOTH WHITENING PROCEDURES

At Portstewart Family Dental we offer two forms of tooth whitening:



Bespoke At-Home Kits. We construct whitening trays which are bespoke to you. We can either digitally scan your teeth or take impressions to create exact models of your teeth, on which we construct trays at the surgery in the matter of an hour. These trays are then fitted and checked.

You are then provided with whitening gels to suit your lifestyle, whether its one-hour, four hour or overnight treatment. We give you a full

demonstration on how to use the trays and gels. We carefully check your start shade together and at your review appointment two weeks later, we compare these shades.



Zoom In-Surgery Whitening. The national average improvement is six shades whiter, however, over the last 15 years we have averaged at least nine shades whiter at Portstewart Family Dental using our Zoom machine.

We will cover your lips and seal over your gums. Then we will apply the hydrogen peroxide gel to the desired teeth. This will remain on your teeth for around 15 minutes while a light - which activates the gel - is aimed at your teeth.

Depending on the level of whitening you want, this gel may be applied to the same teeth up to four times, meaning that the entire procedure will take around one hour in length. Most of my patients just fall asleep during this treatment.



MAINTENANCE

Once you have had your teeth whitened, you will undoubtedly want to keep the results going.

To help with this, our team will be able to make custom-fitted whitening trays, which will allow you to retouch the whitening procedure at home on your own time.

We will also offer dietary advice - foods and drinks that are high in tannins (such as tea, coffee and wine) can cause any whitening effects to lessen, as can the consumption of tobacco. So, if you need some help on how to keep your teeth gleaming white, talk to our team!

So, give us a call and treat yourself or a loved one the gift of a confident white smile this Christmas with a teeth whitening voucher.

From all at Portstewart Family Dental, we wish you all a wonderful, peaceful Christmas and a happy 2024.

Michele x

