



Illuminate your smile with zoom teeth whitening

Local women magazine editor *Lisa Smyth* goes under the light to achieve fabulously white teeth worthy of a beach-front vow renewal ceremony, thanks to **Portstewart Family Dental**.

It's hard to believe that I've been married for almost 12 years! Twelve years????!! How did that happen????!!

That means it's 12 years since I last whitened my teeth. My wedding in Thailand was the one and only time I made the effort to really polish my appearance to such an extent.

However, full disclosure! I have always taken care of my teeth. My dad was a dentist, and the importance of oral hygiene was drilled (excuse the pun) into us from an early age. In fact, my brother and I frequently took great delight in getting rid of all the dye from the disclosing tablets that my dad brought home from the surgery.

So, I'm lucky that my teeth are in good condition, given my advancing years!

But that doesn't mean I can't do more, particularly as the effect of my pre-wedding teeth whitening had all but disappeared, so an appointment with Michele King at Portstewart Family Dental was booked in.

I wasn't sure what to expect, but Michele is so friendly and explains every step of the process before and while carrying out each stage.

She began with an examination of my teeth and an impression was taken to enable her team to make my takeaway teeth whitening kit.

The actual process of whitening the teeth is really straightforward – as far as the patient is concerned, anyway! You simply lie there while steps are taken to protect the mouth from the teeth whitening process. Then, the gel is applied and you relax under the light for four 15 minute intervals. Michele returns after 15 minutes have passed to apply more of the gel. The whole process was so relaxing that I actually fell asleep!

There was an immediate and very noticeable difference in my teeth. They were definitely shining and had lightened by an incredible eight shades. Even better, they have brightened even further with the at-home kit.

It is easy to use and simply involves brushing and flossing your teeth, squeezing a small amount of the gel into the tray and placing over the teeth, and leaving there half an hour. It couldn't be easier!

As for the results? The first person to give his verdict on my enhanced smile was my dad, and anyone who knows him, knows he is a tough man to impress. Firstly, he was relieved to learn the teeth whitening had been carried out by a dentist – safety first, folks!

He was equally impressed by my new, much whiter teeth, which is praise indeed! I've also had a couple of comments from friends as well, while my daughter has even remarked on my brighter smile.

Perhaps I should suggest to my husband a return trip to Thailand to renew our vows to get the good out of my pearly whites!!!!



So, what is the science behind teeth whitening and what does it involve? Michele explains:

Zoom Whitening is an advanced whitening technology which is designed to brighten your teeth safely and effectively.

Our teeth-whitening methods are safe, fast, and state-of-the-art. Enjoy the benefits of our most requested cosmetic procedure with our Zoom Teeth Whitening or at-home bleaching.

Choose the option that's most convenient for you. One of the most popular and simplest ways to have a more youthful, sparkling smile is tooth whitening (or bleaching). Many different things can cause teeth to be stained or discoloured such as smoking, taking certain food or drinks, and/or medications, and just general aging.

We can help you look years younger by simply removing these stains and improving the shade of your smile. To achieve the best result, we recommend removing any extrinsic stains from the outside of the teeth.

This may involve a scale and polish, or an airpolish to remove the more stubborn stains first. This then gives a clean tooth surface to then be able to complete the Zoom process. Professional tooth whitening will help to brighten and remove intrinsic stains, such as stains or discolouration that are not on the surface of the teeth but come from inside the teeth.

The Zoom Teeth Whitening process involves:

- 1. Consultation:** Discuss your whitening goals and assess your dental health.
- 2. Preparation:** Safeguarding your gums and lips while exposing your teeth for the whitening treatment.
- 3. Zoom Whitening Gel:** Applying the advanced whitening gel, activated by the Zoom light, to break down stains.

- 4. Light Activation:** Exposing your teeth to the Zoom light, enhancing the gel's effectiveness.
- 5. Results:** Enjoy a brighter smile immediately after the procedure.

Benefits Include:

- Noticeably brighter teeth in just one session
- Enhanced comfort
- Formulated to minimise sensitivity during and after the procedure
- Safe And effective
- Advanced technology for optimal whitening without compromising tooth enamel
- Customised treatment
- Tailored to your unique smile goals for personalised results

Is Zoom Teeth Whitening safe for my teeth?

Yes, Zoom Whitening is safe and effective when performed by trained dental professionals.

How long does the procedure take? Typically, the session lasts around 60 minutes for visible results.

Will my teeth become sensitive during or after the procedure? Zoom Whitening includes desensitising agents to minimise sensitivity during and after treatment, so sensitivity is extremely rare.



How long do results last? Results vary, but with proper oral care they can last for an extended period. We provide take home whitening trays for you to take home afterwards which enable you to maintain the beautiful results long term.

Elevate Your Confidence With Zoom Teeth

Whitening. We believe in the power of a dazzling smile. Our Zoom teeth whitening team are ready to unveil the brilliance of your teeth and boost your confidence. Just give us a call today for a consultation and let the radiance of your smile shine through.

Michele x