



Tooth Bleaching

What Is it?

Like hair and skin, teeth vary in colour. Some are yellower or darker than others, even when they are quite healthy. Teeth tend to get darker as naturally, we get older.

Teeth sometimes become darker if their roots have been damaged or the 'nerve' had 'died'.

Tooth colour can be very effectively lightened with hydrogen peroxide (bleaching), used on either the outside or the inside of the tooth.

What will my dentist do?

Where the 'nerve' of a tooth had 'died' (through damage or disease) and the tooth's root had been filled, bleaching is put inside the tooth, under a removable tray or temporary dressing. This can take from a few days to a week.

Bleaching the outside of teeth, takes place at home.

Home bleaching works like this:

- The dentist will give you bleaching to use at home in a tray which fits closely around your teeth. The tray makes sure that the gel does not burn your gums,. You will need to put the tray in your mouth overnight (for a few hours) on several occasions, as instructed by your dentist (probably over a period of a few weeks).

- The dentist will need to use a putty-like material to make moulds of your mouth (called ‘impressions’), so a dental technician can make the tray to fit. At your next appointment, your dentist will check that the tray fits and show you how to put the bleaching in the tray at home

Your dentist will make a note of your teeth colour using model teeth in different shades before they treat you. Look at the colour match yourself before the treatment, so you can compare it with the colour after bleaching. You teeth may be sensitive to hot or cold drinks for a few days after bleaching. This is fade with time.

What are the benefits?

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