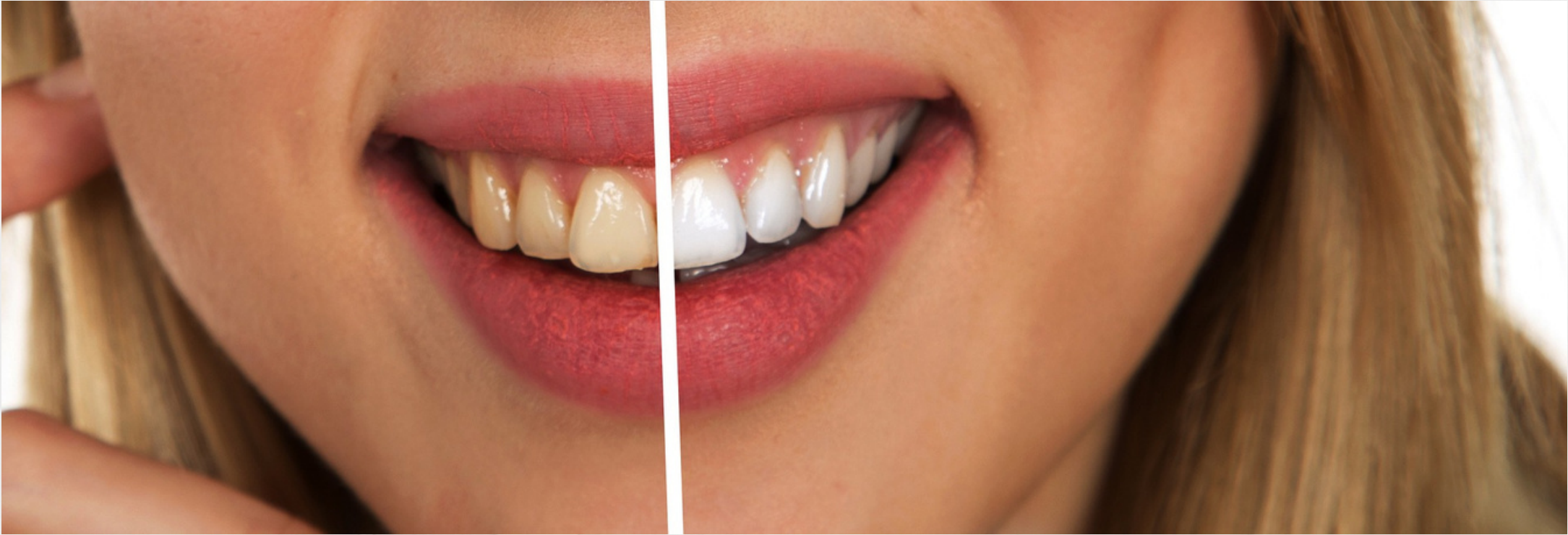


Teeth Whitening - All You Need To Know



Boost your confidence and rejuvenate your smile!

Greg Gasiorowski BDS(Lond)
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www.arkdental.co.uk 020 7603 7255



Your questions answered...

How to whiten teeth

There are 3 main ways:

- teeth whitening using custom made trays
- teeth whitening strips
- in-office teeth whitening for 1 hour using a blue light (sometimes called laser whitening)

What is the best way to whiten teeth?

We are often asked "what is the best teeth whitening system?"

In our opinion and according to experts in the field of teeth whitening, the **best way to whiten teeth is by using custom made teeth whitening trays**. If you are suitable for the procedure then impressions of your teeth are taken and close fitting trays are made which will hold the teeth whitening gel close to your teeth.

Before whitening



After whitening



The Custom Tray Procedure

What does the custom tray procedure involve?

At your first appointment we take a digital scan of your teeth (no messy impressions!) so that special close-fitting plastic trays can be made just for you. We note the colour of your teeth, take some photographs and sometimes x-rays as well. At your second appointment we check the fit of the trays and show you how to use the teeth whitening gel. You wear the trays with the gel for up to 2 hours per day and you have enough gel to last you 3-4 weeks. We see you after 2 weeks to check that everything is going well and that you're happy with the progress. Once you have finished you keep your trays and can do top-up whitening for special occasions.

Top teeth whitened, lowers natural colour



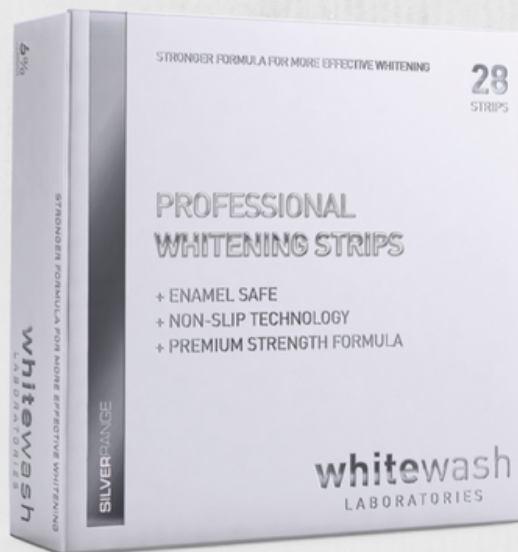
Teeth Whitening Strips

How do I use teeth whitening trips?

Globally, teeth whitening strips are the most popular way to whiten teeth because they are cheaper than whitening trays. The strips are pre-loaded with whitening gel, so you simply peel the strips from their backing liner (like a plaster) and then apply them to teeth for 1 hour. When you are done, you just throw them away! There are 14 sets of 2 in a pack so you can wear once a day for 2 weeks.

No impression are needed so they are a quick way to whiten and can also be used as a top-up after other forms of whitening.

Teeth Whitening Strips



I've been visiting ARK for over 10 years. Greg has always provided me with first class dental care, his clear, calm approach is very reassuring. The wider team also contribute to a thoroughly professional service which I highly recommend.

Miss L Williams

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In-Office Chairside Whitening

What does in-office chairside whitening involve?

This can be a useful way to whiten your teeth if you want instant results and don't have the patience to use trays or strips. Teeth whitening gel is applied to your teeth and a blue light is shone on them. Often it is marketed as "laser whitening" but in most cases LED lights are used. The light makes the gel more active mainly by heating it but the results rarely last as long as other forms of teeth whitening. It is recommended that custom made trays are used afterwards to get the best results that last a long-time. It's a great way to whiten your teeth if you need white teeth for tomorrow! Some people like this method as a top-up if they have used whitening trays.



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Before and After Photos

Before whitening



Before whitening



After whitening



After whitening



Your questions answered...

Am I suitable?

If you are over 18 years of age and have no allergy to peroxide products or plastics then teeth whitening is likely to be suitable for you. Teeth whitening will **only lighten natural teeth**; fillings, crowns and veneers will not be lightened. Yellowish, brownish stains whiten more easily than greyish discolouration. If you are pregnant then you should also avoid teeth whitening.

How long does it last?

For the majority of patients the effects last 2-3 years. After that the teeth can return to the pre-whitening shade. It is possible to re-lighten them using the same method and often using the same trays. The teeth lighten more quickly on subsequent occasions.

What's in the whitening gel?

In the vast majority of cases we use 10% carbamide peroxide gel but stronger gels of 16% carbamide peroxide and 6% hydrogen peroxide are also available. This is strong enough to lighten the teeth effectively and is safe. **It does not weaken or damage the teeth**. Some people may develop sensitivity while whitening but this is temporary and disappears when you stop whitening.

What Our Patients Say...

Dr. Gasiorowski is a wonderful dentist. I'm a nervous patient and avoided the dentist for two years before finally searching for somewhere local and finding Dr. Gasiorowski - and I'm so glad I did. He and his team are professional and reassuring. Not only did I have my check-up (and subsequent fillings!!) but I also arranged to have teeth whitening which I'd always wanted to try. The results are brilliant. The practise has an extremely convenient online booking system and are also open at weekends - which is a blessing for those of us who can't get out of work that easily. Thank you!!

Miss J English

I have used ARK Dental Practice for about 12 years. I would highly recommend the practice for anyone. Greg is always calming, helpful, informative, and thoroughly professional. My experience has been entirely positive. I have been fortunate always to have had good dentists, but ARK Dental Practice is the best that I can remember attending from over 45 years.

Mr T Pritchard

I went for an appointment yesterday and was very happy with the service. The receptionist was really nice and offered me tea which was a plus. Dr Greg and the nurse were extremely friendly and very attentive. The appointment didn't feel rushed and Dr Greg took time to answer all of my questions and explain to me all of the details. I have been to a few dentists and this is by far the best, which helps with the whole experience.
Definitely recommend!

Mr P Mendonca

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An Easy, Safe & Effective Way to Get a Beautiful Smile



We look forward to welcoming you to our practice and helping you achieve the smile you want.

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