

Tooth Whitening



What is Whitening?

Whitening is a process where the tooth discolouration is 'whitened' to a lighter shade. It removes the staining agent through chemical means. It is a safe procedure when carried out under professional supervision. Treatment results usually depend on the severity of the discolouration. Both vital (i.e. alive) and non-vital teeth (e.g. tooth with root removed) can be bleached and may take several visits to complete. It is not effective on dental restorations such as amalgam fillings, metal or porcelain crowns, etc.

Teeth can discolour for various reasons. The dentist will recommend the most ideal method based on your oral condition after an in-office examination to establish the cause and nature of your tooth discolouration, as well as provide you with more information on the various types of whitening procedures available.

Why do whitening at 2 Green Dental?

Our whitening products has been tried and tested and improved upon for over 20 years. We feel our method is the most effective, comfortable and controlled method of getting fantastic long lasting results. Most dental practices offer only a 1-2 week course of treatment. We offer a longer intense 4 week treatment to get your teeth as light as you would like, and for results that usually last beyond 8 years.

What does the process involve?

Home whitening involves the use of custom made trays over a 4 week period at home. This technique involves taking moulds (impressions) of your teeth. These moulds are sent to a laboratory where a technician fabricates a bespoke tray designed to fit perfectly over your teeth. This customisation allows for maximum contact between the whitening gels and your teeth. This system also minimises the contact and possible irritation to the gums. A whitening gel is syringed into the trays and these are seated over your teeth to wear for just 2 hours a day, or overnight. This is done as frequently as you like, but we supply you with enough gel to whiten it every night for 4 weeks.

Does whitening damage my teeth/ make them weaker?

In a word NO! The amount of damage done to your teeth with a 4 week course is the equivalent to drinking a single can of fizzy drink.

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