



## ABOUT SPECIALIST DENTAL

We are a multi-disciplinary specialist dental practice in Guildford. All our dentists are registered specialists, with 33 years of combined experience, 12 years of combined formal postgraduate training, education and continuous professional development. We have been established for over 17 years and have accepted referrals from general dentists in the surrounding area for over 12 years.

## WHAT YOU CAN EXPECT FROM US

At Specialist Dental we are committed to providing you with the highest levels of customer care using the most advanced techniques in our modern state-of-the-art practice. At your first appointment we will take the time to get to know you, find out what your concerns are and how we can help you. We will carry out a thorough examination of your teeth, gums and smile and recommend the most suitable treatment option for you.

*Specialist Expertise  
& Experience*

Please visit our website [www.specialistdental.co.uk](http://www.specialistdental.co.uk) for further details of our tooth whitening treatment and to view animations of the procedure

### OUR OPENING HOURS:

9:30am to 5:30pm Monday to Friday

Saturday (By Appointment only)

Closed on Sundays and Bank Holidays



SPECIALIST  
DENTAL

SPECIALIST DENTAL.

PREMIER HOUSE, 25-27 CHERTSEY STREET, GUILDFORD,

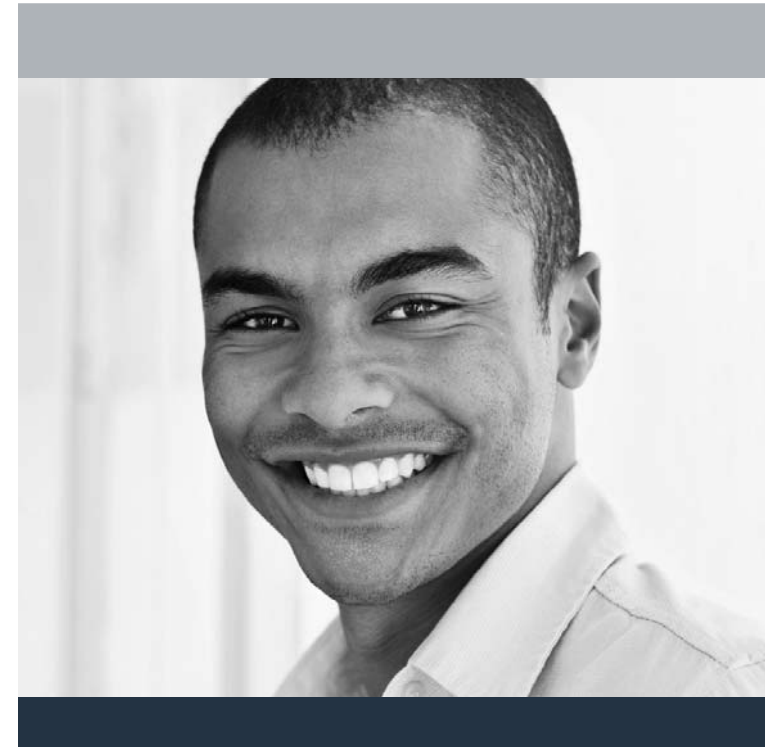
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tooth  
whitening



SPECIALIST  
DENTAL



# ZOOM!

## TOOTH WHITENING

*Whiter teeth can transform your smile and features*

Tooth whitening is a successful and simple method of lightening the colour of your teeth. Teeth yellow with age but drinking tea, coffee, colas and red wine all speed up this process. Smoking and other staining agents will also contribute to darkening of the teeth.

The whitening technique removes the staining agent that has penetrated deep within the tooth and is most effective on mildly discoloured teeth. However, darker teeth can also be successfully lightened in colour but the process may take a little longer. The degree of whiteness achieved will vary from patient to patient and with the type of bleaching process chosen. We can advise upon the suitability of treatment based upon your tooth and gum condition.

**Here at the Specialist Dental we offer a range of three tooth whitening options:**

1. HOME WHITENING
2. IN-SURGERY POWER WHITENING
3. COMBINATION WHITENING

## HOME WHITENING

Home whitening involves the use of custom made trays used over a period of time at home. This technique involves taking impressions (moulds) of your teeth. These impressions are sent off to a laboratory where a technician fabricates custom made trays designed to fit closely to your teeth.

This customisation allows for maximum contact between the whitening gel and your teeth. This system also minimises the gel's contact with gum tissue and reduces any gum irritation. A whitening gel is syringed into the trays and these are seated for a minimum of an hour and up to overnight. These trays can be kept and used for future whitening, so further impression taking and tray fabrication is not required. Successful whitening can normally be achieved after two/three weeks, however, this may vary with certain types of discolouration.

## IN SURGERY POWER WHITENING

Power whitening is carried out in the surgery using a more effective, powerful whitening system. The process is closely supervised by the dental team and only takes approximately 30 minutes.

## COMBINATION WHITENING

For the most predictable, effective and quick solution to a beautiful, dazzling smile we recommend our combination whitening therapy. The initial stage is in-surgery power whitening to give an immediate whitening effect, which is then stabilised using the home whitening custom trays and gel. This stage also allows you to continue the whitening process until you are happy with the colour of your teeth.

The amazing results that can be achieved by the combination approach is a lightening of the teeth up to 9 shades.



## FAQ's

These are the most frequently asked questions about tooth whitening....

### HOW WHITE WILL MY TEETH GO?

This depends on how white you want your teeth to be, your tooth type and the causes of the original discolouration. We find that yellow shaded teeth bleach more easily than grey shaded teeth. In some instances the teeth can be whitened up to 9 shades.

### DOES WHITENING HARM THE TEETH AND GUMS?

Extensive safety studies have shown that whitening, under the guidance and supervision of your dentist, is completely safe to your teeth, gums and tissues of the mouth. We have carried out these procedures over many years and the only adverse effect has been slight sensitivity during treatment in a small number of cases.

### HOW LONG DOES THE WHITENING LAST?

The effect can last for up to 18 months and for many people, even longer. However, the longevity is dependent on your eating, drinking and smoking habits. After this time you may wish to have the teeth re-whitened. If you have had whitening trays made for your initial treatment, these can be re-used by simply purchasing the gel from our practice.