

Smiles Better!

with **Dr. Nuala Devlin**
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TOOTH WHITENING

The Facts

Last year many of our patients were given vouchers for tooth whitening as a Christmas present. Its such a great present and as a dentist we love seeing the patients smile once the treatment is completed because they are so pleased!

There are many other tooth whitening treatments on the market at lower prices claiming to have good results without seeing the dentist, but approach these with caution.

I have seen a number of patients recently who have experienced problems after having tooth whitening carried out in beauty salons and 'whitening clinic's'. They all voiced their concerns of not knowing who was qualified to do tooth whitening and what the risks were. For them they only considered the cost, didn't take into consideration why the treatment was so cheap, and what back up there would be if something went wrong.

Below are some questions you should consider asking before you decide where to carry out your tooth whitening.

1. Is the person qualified to carry out the whitening procedure?

The guidelines for tooth whitening state that ONLY dentists are qualified to do tooth whitening and are only permitted to prescribe tooth whitening products to registered patients.

Are my teeth suitable for tooth whitening?

Only a dentist is qualified to do a full oral health assessment, checking your teeth and gums for disease and looking at the quality of your enamel to see if it is suitable for whitening. Also patients with crowns or

veneers need to check if it's possible to have these replaced after tooth whitening as they will not change colour with tooth whitening.

What whitening product do you use?

Hydrogen peroxide (carbamide peroxide) is used for tooth whitening. The latest guidelines state that this product can only be sold to registered dentists.

What age must I be to have tooth whitening?

You must be 18 years or over.

What support and after care do you provide if my teeth are sensitive after tooth whitening?

Sensitivity is a side effect of tooth whitening. A dentist can prescribe a tooth paste which is high in fluoride for you to use before, during and after treatment. This is not available over the counter.

Tooth whitening with the dentist is a safe and simple and effective procedure. Dentists are tightly governed to ensure patient safety and that patients receive a high quality treatment. The GDC will continue to prosecute individuals who carry out tooth whitening illegally under the Dentists Act 1984.

Follow us on Facebook to find out details of our latest tooth whitening competition!



Merry Christmas
Nuala