



Lindley Dental

Caring for your smile



Lindley Dental Centre

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ZOOM!
Advanced Power



www.lindleydental.co.uk

Our Guide to

Teeth Whitening

Whitening your teeth is one of the least invasive ways of enhancing your smile.

Teeth whitening treatments can be done in our surgery or at home and both provide excellent results.

Option 1 – ‘Zoom!’ Rapid Whitening System

Our ‘Zoom!’ rapid whitening service provides the quickest results and is performed at our surgery. In just over an hour, your teeth can be lightened by several shades.

A light activated whitening gel is applied to your teeth by the dentist or hygienist. The patented ‘Zoom!’ light and whitening gel then work together, gently penetrating your teeth to break up stains and remove discolouration. Your lips and gums are carefully protected throughout the treatment.

A few patients may experience tooth sensitivity or mild pain during the first 24 hours following ‘Zoom!’ treatment. This is normal and is almost always mild but it can be worse for susceptible individuals.



Talk to us if you have concerns about this or for further advice.

For 3 days following the in-surgery ‘Zoom!’ whitening treatment, you will be advised to continue applying the ‘Zoom!’ whitening gel at home in order to obtain optimum results. You will be provided with a customised tray for this purpose.

The cost is:

For registered patients £395

For non-registered patients £450

continued overleaf...

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Option 2 — 'At-Home' Professional Whitening System

If you are unable to undertake treatment at our surgery, or would simply prefer to receive treatment in the comfort of your own home, we are able to offer you an effective alternative; a simple system for professionally whitening your teeth that can be done easily at home.



Moulds are taken from which custom trays can then be made to fit your teeth (similar to gum shields). You then put the whitening gel provided into the trays before placing them on your teeth. The trays are then worn overnight. They are usually worn for 14 nights depending on the desired end shade.

Both techniques work best for teeth that have become brown or yellow. Teeth that are grey can be more resistant. Some patients

find that after using the gel their teeth are sensitive. This may result in a slower approach being taken and de-sensitising agents may be needed. Occasionally bleaching may not be possible, your dentist will be able to advise you.

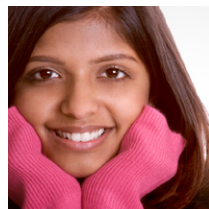
Teeth may eventually need whitening again. The second time around is usually quicker and if you keep your trays, can be done at a reduced price.

For a standard 14 day treatment of both upper and lower teeth the cost is:

For registered patients £280
For non-registered patients £330

The treatment is simple to carry out and can really brighten your smile without having to resort to extensive dental work. We have carried out this method of whitening for several years now and we have had many very pleasing results.

Treatment may need to be extended in some cases. Some teeth take longer to whiten than others and sometimes the desired end shade is lighter than can be achieved in 2 weeks.



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