

# POND SQUARE DENTAL

INFORMATIONAL LEAFLETS

## AT HOME DENTAL WHITENING

Your dentist/Hygienist will supervise you through the whole process.

### **First appointment**

We will take scans/impressions of your teeth and photographs to record the starting colour of your teeth.

### **Second appointment**

We will supply your custom-made trays with whitening gel to whiten your teeth at home.

We will show you how to use the kits.

You will be able to choose between Day or Night Whitening Kits.

The process involves wearing the gel-filled trays for around 2-3 hours a day (with Day Whitening Kit) or 8 hours at night (with Night Whitening Kit).

That allows you to whiten your teeth from the comfort of your home in a time frame that suits you. With Home Whitening Kits the process is gradual. The initial tooth colour will determine how much tooth whitening needs to be done to achieve your desired results.

Most teeth whitening kits work using a bleaching agent, normally containing peroxide.

Before the whitening process, we need to ensure your teeth are suitable for the treatment. Therefore, you should have an examination with your dentist before whitening. This ensures your teeth and gums are kept safe. Since the procedure is painless, no injections are required.

There may be temporary sensitivity or discomfort during or after the process, but this will disappear within days.

**LOVE YOUR SMILE**

Pond Square Dental, 26 Highgate High Street, Highgate, London N6 5JG.

020 8348 9995 | [info@pondsquare dental.co.uk](mailto:info@pondsquare dental.co.uk) | [pondsquare dental.co.uk](http://pondsquare dental.co.uk)