

SMILE WHITER AND BRIGHTER?

Does tooth bleaching really work?

Many people avoid smiling due to feeling self-conscious about the discolouration of their teeth this is quite common and can often be easily remedied.

If the discolouration of your teeth is widespread it is often due to common culprits such as nicotine, caffeine and red wine, which have built up over the years. A home-care bleach kit, such as the one **Eastbourne Dental Centre** tailors to every individual, may easily tackle this. It will lighten these stains in the enamel and dentine of your teeth to give a brighter tooth colour.

The **Eastbourne Dental Centre** bleaching system involves very simple procedures where a mouth tray to contain the bleach is custom- made for the patient and worn over night for a period of 7-14 nights, at an approximate cost of \$550.00. The difference between buying a D.I.Y kit from a pharmacy/supermarket and seeing a dentist is the former does not have securely fitting trays to adequately contain the bleach and the bleach is not of sufficient strength to remove 'ingrained' stains from your teeth and hence lighten them significantly. With this system there is no risk of damage to either the teeth or the surrounding tissues. The only side effect some patients experience is increased tooth sensitivity at the time of the treatment; this is transient and can be relieved. It is important as with any cosmetic work that the health of the patients' teeth and gums are in good condition before embarking on the aforementioned bleaching exercise.

If on the other hand a single tooth is discoloured and is a different shade to your other teeth, these can also be bleached individually where the cause may be due to the tooth dying or having had previous root canal treatment.

The results are very pleasing and may give you your smile back in under two weeks.

For all enquiries and appointments contact **Eastbourne Dental Centre, cnr Rimu St and Marine Pde, Eastbourne, ph. 5627506.**