



Tooth Whitening @ SmileHub

for your on site dental care

Why choose Smile Hub?

Our Principal Dentist is registered with the British Dental Bleaching Society as a Gold Elite member.

All of our dentists are experienced in tooth whitening and between them have treated hundreds of patients successfully.

The whitening programmes are designed to achieve predictable long lasting results. We use a protocol that has been tried and tested for over 20 years. The treatment is both safe and effective. Our preferred method is Home Tooth Whitening using carbamide peroxide gel nightly in custom fit trays. We always achieve our best results with Home Tooth Whitening. Smile Hub also offer in office tooth whitening and day time whitening as colour refresh option.

Is tooth whitening right for you?

- By law in the UK you are required to have had a thorough examination of your teeth and gums (including x-rays if needed) within 6-12 months tooth whitening. If you need an examination we can organise this for you just let us know before you book your appointment so the correct time can be allocated.
- If your teeth are very stained or you have gum inflammation you will need to see the hygienist prior to starting
- The products we use are both safe and gentle for all of our clients. They do not damage your teeth or gums.
- If you are pregnant or breastfeeding it is recommended that you delay any dental treatment including whitening.
- If you have fillings, crowns or veneers these will not change colour with tooth whitening. For cosmetic reasons it may be necessary to replace any mismatched dental work after whitening in order to get a more uniform smile. Your dentist can discuss this with you.
- If you are a smoker your tooth whitening treatment will take longer than normal and due to the staining of nicotine affect the colour you achieve.

What kind of results can you expect?

Significant whitening can be achieved in many cases, but there is no definite way to predict how light your teeth will go. Patients with yellow or yellow brown teeth tend to whiten better or quicker than those with grey or grey-brown teeth. Teeth discoloured by antibiotics, root canal therapy or trauma do not always respond quickly or predictably and may require additional treatment or an advanced programme.

The dentist will provide you with assessment of the level of whitening you might achieve at your consultation appointment. We are unable to guarantee this. We will show you where you are on the natural tooth shade guide and what it would take to achieve the lightest natural shade for your teeth which is B1.

If some teeth are significantly darker you may need to purchase top up gel at the end of your treatment or you may require an intermediate or advanced programme. Your dentist will discuss this with you.

We routinely take photos before and after your treatment to monitor our results. You need to be compliant at using your kit as directed if you are to get the best results.

What you need to do to get great results?

Home tooth whitening requires that you use the whitening gel for consecutive nights for several weeks. Our standard case is 4 weeks and our intermediate and advanced cases can be 8 weeks or more.

When patients are compliant in using their kit nightly we get excellent results in the time scale predicted.

If you stop and start this process you will not get the same degree of whitening, your treatment may take longer and will potentially cost you more than originally quoted to cover extra gel costs and dentist consultation time.

We ask patients having difficulties with the treatment to speak to us. If you find you are too busy with work or other commitments its sometimes better to stop the treatment and then start again when life settles down. The gel has a shelf life of 18 months so there is flexibility if need be.

Smoking and consumption of food and drinks that stain your teeth may also delay your whitening. We ask that you are mindful of what you are consuming while whitening your teeth.

What is the process for tooth whitening?

- 1. Consultation and completion of our pre- whitening questionnaire** to assess your case and select the correct whitening programme. Assuming you have had an examination in the past 6-12 months we can proceed to treatment straight away.
- 2. A mould or scan of your teeth** is taken to make custom tooth whitening trays. We will dispense a toothpaste to use for the duration of your treatment. A consent form, photos and any payment options need to be agreed in writing at this visit. The first payment is due at the end of the appointment.
- 3. A 20 minute appointment to fit your trays, and dispense the first 15 tubes of gel** and show you exactly how to use your kit properly. We will also give you written instructions for home.
- 4. A 10 minute review appointment in 3-4 weeks to check your progress.** We will dispense more gel at this appointment and may take photos. If you need further appointments or top up gel this will be discussed. Intermediate and Advanced programmes will need further follow up appointments.

How can you maintain the colour?

Following completion of the whitening procedure it is normal to experience some degree of fade back over time. Some colour will also be lost as a result of drinking tea, coffee red wine and other staining foods. The only way to prevent this and maintain the colour is to top up from time to time.

We will always check the colour of your teeth at our Total Oral Health Screen appointment.

We can provide you will top up gels to use periodically through out the year. We normally recommend 3-4 nights every 6-12 months. The cost of top up gel is £50 per pack and includes 5 gels.

What are the risks of tooth whitening

Tooth sensitivity – during the whitening process some patients may experience tooth sensitivity. This is usually mild if your teeth are not normally sensitive. If your teeth are normally sensitive please inform us before treatment. We cannot eliminate the risk of sensitivity and it can be hard to predict. We will provide you with desensitising tooth paste as part of your tooth whitening kit and advice on how to manage sensitivity if it does occur. In some cases we recommend products to use in your trays to help with sensitivity. Any sensitivity you do experience will subside when you stop whitening.

Gum and Soft tissue irritation – temporary inflammation of the gums and other soft tissues of the mouth can occur during the procedure. This is generally the result of a small amount of the tooth whitening gel coming into contact with these tissues. This will not damage your gums or mouth tissues.

Fillings and other dental restorations – white fillings, porcelain and composite restorations, crowns and veneers will not whiten with this treatment so may not match the new whiter colour your natural teeth. All dental restorations that show when you smile may need to be replaced at your expense. Please be sure you have discussed this with your Dentist prior to starting treatment.

What are the alternatives to whitening?

While we feel that whitening is generally the safest and most conservative means of improving your smile there are other options available.

Tooth whitening will lighten your teeth but it will not make your teeth look a uniform colour if they were not a uniform in colour to start with. Any spots, hairline cracks and edges that are worn and translucent will still be visible after tooth whitening. If you have any gum recession and yellow dentine exposed at the gum margin these areas will not whiten the same as enamel. Some of these issues can be dealt with by bonding a tooth coloured material to either hide or repair and previously chipped areas. The fees for this are in addition to tooth whitening and your dentist will discuss them with you.

Many celebrities that you see have had porcelain veneers or crowns placed on their teeth to achieve the uber white teeth you see in photos. Both veneers and crowns require that your teeth are drilled to allow space for the porcelain cover. The biological and financial cost of this treatment is significantly higher than tooth whitening.

If you have any questions about the alternatives please ask your dentist.

What are my payment options?

The fees are normally split between your appointment for your moulds/scan and your tray fitting appointment. **We can also offer interest free finance over three months** subject to meeting criteria and completing a finance agreement. You would be required to make the first payment on or before you have your moulds/scan done.

Please speak to a member of the team for more details.

We accept Visa, Mastercard and Applepay.

Tooth whitening programme fees are:

Standard	£445
Intermediate	£645
Advanced	£945

How do you get started?

Book a tooth whitening consultation to assess colour of teeth and complete pre-treatment questionnaire. The dentist will confirm which programme would be suitable for you after this appointment. Please let us know when you book your consultation if you need an examination as we may be able to extend your consultation appointment to avoid a further visit.

An examination including two x-rays is £67 for a new patient at Smile Hub and taken 30 minutes. This is a legal requirement in the UK prior to starting tooth whitening if this has not been done in the last 6-12 months.

You can call us, respond to this email us or book online at www.smile-hub.co.uk and use the tooth whitening consult code.

Tooth Whitening Gallery

BEFORE

AFTER

SHADE A3



SHADE B1

SHADE A2/A3



SHADE B1/A1

SHADE A3



SHADE B1

Smile Hub Standard Home Tooth Whitening

The home tooth whitening forms the basis for most of our tooth whitening programmes. Standard Home Tooth Whitening is our most popular treatment and involves wearing custom fit bleaching trays for 4 weeks and attending a minimum of 3 appointments. We will provide you with everything you need and demonstrate exactly how to use the products.

Our follow up appointment will assist you to stay on track to achieve the colour you are aiming for. We use before and after photos to monitor the results.

The cost of this service is £445. Extra gel is charged at £50 per week if any additional weeks are required.

Smile Hub Intermediate Tooth Whitening

This treatment is designed to deal with a single dark tooth that needs extra whitening, or teeth that have a lot of discolouration or teeth stained from taking antibiotics. Often these teeth are stubborn to bleach and a four week home whitening course is just not enough.

For a single dark tooth we would need to take an x-ray of that tooth and construct an additional bleaching tray to wear at home to provide concentrated whitening of this tooth. The treatment time for intermediate whitening is normally 8 weeks.

The cost of this service is £645. Extra gel is charged at £50 per week if an additional weeks are required.

Smile Hub Advanced Tooth Whitening

This is for those people who have greyish colour teeth or whose teeth have a banded colour. This is often the result of medication affecting the colour of the teeth and is the most challenging to whiten. This requires approximately 12 weeks of home tooth whitening and several appointments to review your progress.

The cost of this service is £945. Extra gel is charged at £50 per week if additional bleaching time is required.

Smile Hub In Office Boost Whitening

Do you want to boost your colour but don't have time to do tooth whitening at home?

In office whitening can provide a boost to the colour of your teeth which lasts about six months dependent on your starting colour and your dietary and social habits.

Boost appointments take approximately an hour. You may need more than one visit and it we cannot guarantee the improvement in colour per visit.

In office whitening is not as predictable as home tooth whitening. In our opinion it works much better in conjunction with a home tooth whitening programme. The cost is £325 per appointment.

Smile Hub Non Vital Tooth Whitening

Non vital tooth whitening is for specific teeth that are root filled and have turned grey. These teeth cannot always be whitened successfully from the outside. Following satisfactory radiographic examination we would endeavour to bleach these teeth from the inside out. This requires the whitening gel to be placed inside the tooth by the dentist at multiple appointments. It is difficult to estimate how many appointments are needed but we allow for at least three to start with.

The cost of this service is £200 per appointment.



SmileHub

for your on site dental care

Thank you for your time

We hope you have found this helpful

We look forward to starting your tooth whitening journey.

www.smile-hub.co.uk