

One 44 Dental Ltd

Dental, Facial Aesthetics & Implant Clinic

Teeth Whitening Information

Teeth whitening is a cosmetic treatment which involves bleaching your teeth to make them whiter. The best way to keep your smile healthy and bright is to look after your teeth and gums, but it's not unusual to need a little help.

You might consider teeth whitening for different reasons. Your teeth can lose their whiteness with age but can also become stained by smoking or drinking lots of tea, coffee or red wine.

Fortunately, our professional whitening treatment can quickly and safely remove stains, without damaging your teeth. We've seen thousands of patients grow in confidence thanks to a brighter, whiter smile.

One 44 Dental uses the 360-whitening system. With this system, you can easily whiten your teeth with flexibility and great value. You could use either the day formula for one hour a day, or try out the overnight formulation to apply while you sleep. With only a small amount of gel, you can achieve brighter teeth by lightening from within and removing surface stains.

360 whitening gel works by oxygen ions quickly penetrating your teeth to break up stains, giving you a brighter and whiter smile. The new 360 whitening gel uses trolamine to create gentle yet effective whitening solution that is long-lasting and doesn't irritate your gums. The soft, hand-finished scalloped trays hug your gum line snugly so that the gel only touches your teeth.

Is teeth whitening right for you?

- You'll need to be 18 or over to have teeth whitening
- Your teeth and gums must be healthy, which your dentist will check during your initial consultation*
- Be aware that teeth whitening won't lighten the colour of any crowns, veneers, bridges or dentures

How does it work?

First Visit

A digital scan of your teeth is sent to 360 whitening to create custom trays that are produced at the highest standards.

Two Weeks Later

In two weeks, you will come back to the practice to have your trays fitted. At this time, we will also give you a full demonstration of how to apply the gel. Depending on what you need we will create a custom whitening plan for you.

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You'll need to have a consultation* to check you're suitable for whitening treatment. If you're eligible, your dentist will discuss which whitening option might suit you best, and the associated cost.

If you're unsuitable for treatment, you could consider [composite bonding](#), [veneers](#) or [crowns](#) for particularly discoloured or damaged teeth. Your dentist will explain your options during your consultation.