



# YOUR TEN DENTAL FACIAL WHITENING GUIDE

Must-know tips and information about teeth  
whitening treatments at Ten Dental+Facial

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*"I smile a lot more and have more confidence"*

- Ten Dental+Facial Patient



DENTAL  
FACIAL

# Teeth Whitening at Ten Dental+Facial

Maybe you are looking for a full smile makeover, topped off with some whitening for a brighter, whiter smile. Or maybe you're looking for a cost-effective way to improve both your smile and your confidence. At Ten Dental+Facial we offer a number of different professional tooth whitening treatments. Our main treatments for whitening teeth include Enlighten dentist-assisted home whitening, and Zoom! in-surgery whitening.



We have Treatment Co-ordinators who will see you through your treatment journey and build a strong relationship with you. We have specialists in all aspects of dentistry, allowing us to deal with very complex cases, and have also won several awards for our patient care, including the Best Patient Care London award at the 2015 Private Dentistry Awards as well as Best Referral Practice, Practice of the Year and Practice of the Year London at the 2017 Private Dentistry Awards.

# FAQs

## What causes tooth discolouration?

Teeth can become discoloured over time, which is normal, but certain lifestyle habits and diet habits can cause teeth to become stained. For example, smoking can stain teeth yellow similarly to drinking a lot of coffee, tea or red wine. New whitening materials, technology and procedures are available in dental practices to treat tooth discolouration safely for longer lasting results.

## What is Power Whitening?

Power whitening is a new dental tooth whitening procedure available at Ten Dental, which is for people who want to have lighter teeth, a brighter smile and greater confidence. At our practice we

FAQs apply a whitening gel to teeth and use a gel-activating light, for speedy results within an hour to an hour and a half. Some people experience faster treatment times depending on the extent of their tooth discolouration. You may easily have this treatment during a lunch hour.

## What is supervised home whitening?

Your dentist custom creates your tooth whitening treatment for you to take home and apply, along with guidance for safe application. The gel is pre-inserted into the trays for you to use to fit over your teeth. With dental monitoring for safe usage, the treatment is applied at home overnight with results appearing within about a month.

The difference is that lights are not used in home whitening, which may mean results take longer to appear.

## What are the risks and benefits of tooth whitening?

Patients are at risk of higher tooth sensitivity due to over-application of tooth whitening gel at home if not supervised properly by a dentist. Supervised home whitening is designed to lower such risk. Both supervised and power whitening can increase tooth sensitivity initially until the completion of treatment. The benefits are lighter, brighter looking teeth and a more attractive, confident smile. The lasting effect of tooth whitening can depend on lifestyle and diet.



# Enlighten home whitening

## The only system to guarantee Vita Shade B1

Enlighten is one of the most popular cosmetic dental treatments on the market because it guarantees exceptionally white results after just a few weeks of use. The procedure guarantees Vita shade B1 and ensures a bright white smile which will last for a number of years. Enlighten works as an at-home treatment topped up with a short in-surgery session once you have completed the at-home steps.

### How does it work?

At your first appointment, your dentist will take some impressions so that we can order your custom-made, clear aligners. You'll pick these up from the practice 1-2 weeks later and collect your Enlighten whitening gels which you'll use as recommended by your dentist with your aligners for

2-4 weeks. You'll notice your teeth becoming whiter, and brighter, gradually over the 2-4 week period. We'll also provide you with Enlighten's tooth serum which will help with any sensitivity that you might experience. This can usually be eased with sensitive toothpaste or paracetamol, but most patients experience little sensitivity throughout the treatment. Once you have used up your gels, you'll come back to the practice for our dentists to check your progress and top up your whitening with a short, in-surgery procedure to further lighten your teeth and maximise your results.



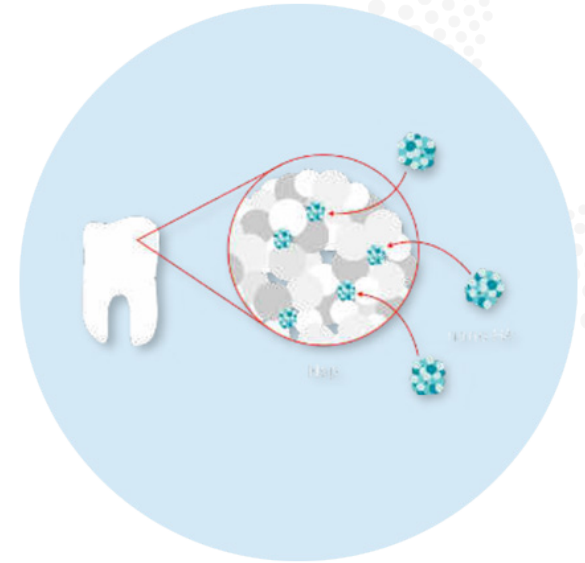
# Why Enlighten?



Enlighten is widely acknowledged as the most effective whitening system in the world. It's the only one that guarantees a Vita shade B1 for every one of its patients. And it has a 98% success rate.



Which staining foods – coffee, tea, red wine – must you avoid? None at all. With Enlighten whitening, you get exceptional whitening results... Without any change in their lifestyle or diet habits.



Enlighten whitening treatment works straight through the enamel and does not harm the surface of your teeth. It's the only whitening brand to give you guaranteed long-lasting results and low sensitivity

# Whitening results at Ten Dental+Facial



# Philips Zoom! power whitening

Power whitening is a new dental tooth whitening procedure available at Ten Dental+Facial for people who would like whiter teeth and greater confidence. With Philips Zoom! you can achieve a whiter and brighter smile in as little as 1 hour at Ten Dental+Facial. It's the perfect quick-fix for a more confident smile, ideal on your lunch break or after work, or one of the final treatments in your complete smile makeover.

## How does it work?

Power whitening is administered by our specialist dentists at Ten Dental+Facial so you know it's the best, healthiest option for your teeth. Unlike some other in-surgery whitening treatments, Philips allows for adjustable intensity and can be customised to eliminate sensitivity to maximise your comfort. Our patients often experience little or no sensitivity with this speedy treatment.

Philips in-surgery whitening is a light-activated whitening system which uses LED light to accelerate whitening for maximum results in minimal time.

After your initial consultation, where we'll talk you through your treatment options and explain the procedure, you'll return to the practice for your whitening session lasting between 45 minutes and 2 hours, depending on your case. We'll shine an LED light on your teeth which will lighten them in shade and you'll leave with a brighter smile.



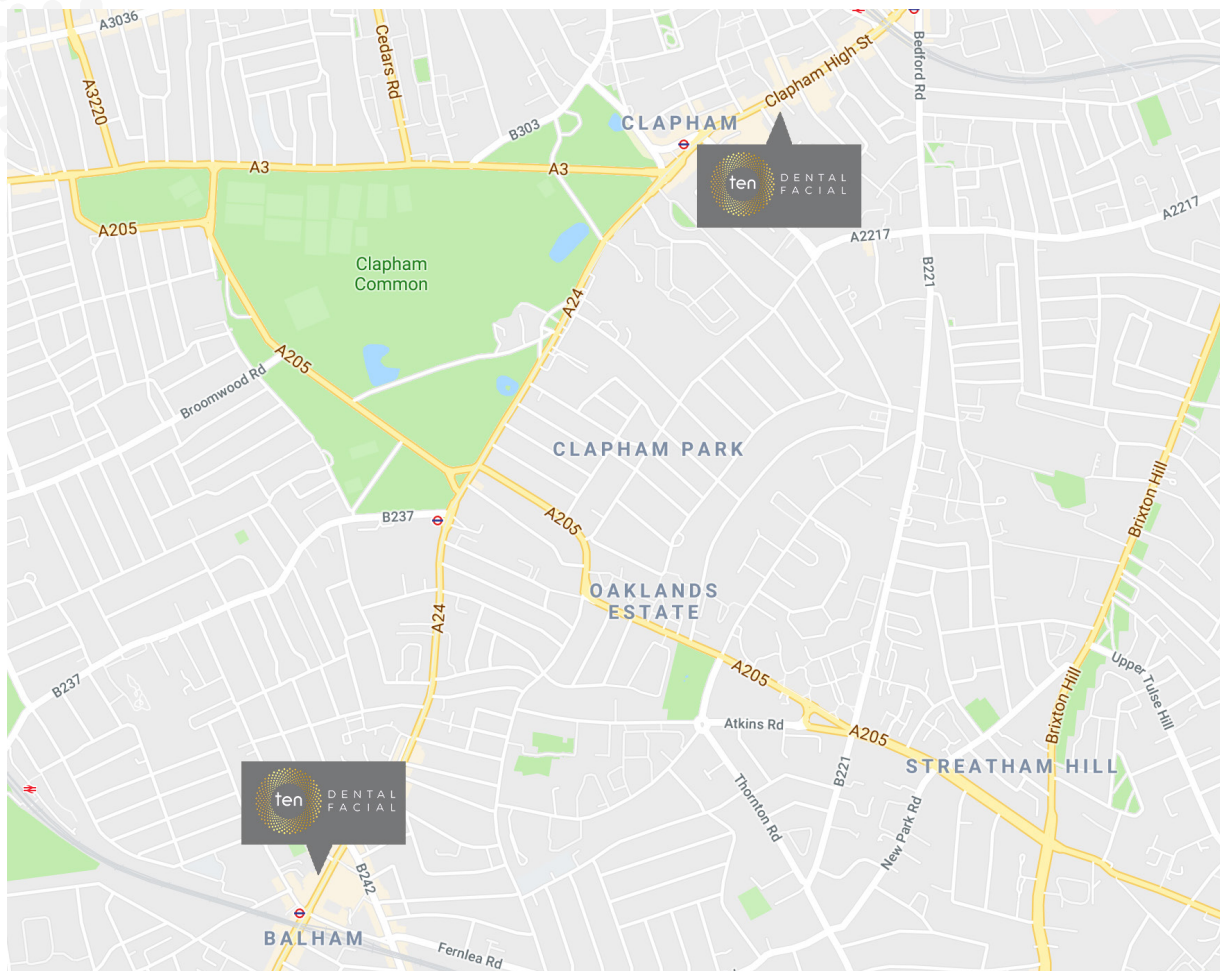


# Whitening results at Ten Dental+Facial



**PHILIPS**  
**ZOOM!**





We always offer a free consultation if you are considering teeth whitening, or any other cosmetic dental treatment. Call us on **0203 432 9785** to book. We have practices in Clapham and Balham and offer evening and weekend appointments.

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