



Redcliffe Dental Rooms

## Cosmetic Teeth Whitening

**Cosmetic Teeth Whitening was formerly led to some extent by celebrities and those in the public eye. However the procedure has increased in popularity across society, particularly in preparation for; social events, interviews or indeed a simple treat.**

### Zoom Cosmetic Teeth Whitening (In-surgery Procedure)

Two factors for selecting Zoom Cosmetic Whitening are; convenience and result. In just over one hour, teeth brighten by up to nine shades.

The procedure involves the use of a whitening gel that contains hydrogen peroxide. A brightening light is used to accelerate the process.

### Immediately after your Zoom Cosmetic Teeth Whitening

One completion of your Zoom cosmetic teeth whitening, the first 48 hours are important in order to maximise your whitening result.

For the first 48 hours, dark staining substances should be avoided such as:

Coffee or tea (without milk), cola or other dark coloured drinks, red wine, soy sauce, mustard or ketchup, food containing dark fruits, food with a dark sauce and tobacco products.

### Home Whitening (Self-directed Procedure)

Home Whitening offers flexibility on where and when you whiten your teeth. Gum shields are specially manufactured which cover your upper and lower teeth. Whitening gel that contains hydrogen peroxide is carefully applied to each gum shield and the shields are then placed over the teeth.

Typically home whitening is performed for up to 90 minutes per evening, over 5 to 7 consecutive evenings.

Home whitening can be used as a stand-alone treatment, or it can be used in conjunction with Zoom.

To find out more about Cosmetic Teeth Whitening, book your free Whitening Consultation today with one of our Dentists.



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### Maintaining your Cosmetic Teeth Whitening Result

Avoid or reduce stain-related habits

Use an electric toothbrush

Maintain good oral hygiene; see our Advice Sheet on Top Tips for a Healthy Smile

Attend regular dental examination and hygienist treatment. Twice per year is recommended

If you have any questions arising from this advice sheet, or any service offered at Redcliffe Dental Rooms, please feel free to contact us.

A member of our Client Service Team should be available to assist you Monday to Saturday, from 7am to 10pm.

Redcliffe Dental Rooms : 020 7373 0007

[www.redcliffedentalrooms.com](http://www.redcliffedentalrooms.com)