

8.1 New Page – Gum Disease

1. <https://capcitydental.co.uk/general-dentist/gum-disease>

[Reverse gum disease before it's too late](#)

- Throbbing, sore gums?
- Gums bleeding more regularly?
- Bad breath that doesn't go away?

When your gums begin to bleed, it's your sign to act fast. More than detrimental to oral health, allowing gum disease to thrive in the mouth untreated can lead to disastrous consequences. Book an appointment with us today and start managing your gum disease better while it might still be reversible. [Register as a new patient.](#)

Treatments to help with gum disease

The symptoms of gum disease are hard to ignore, but it's even worse when teeth become wobbly and loose. Get help before it's too late. Here are our recommended treatments for the different stages of gum disease, which can prevent tooth loss and gum shrinkage.

At-home intervention

Once gum disease progresses past the gingivitis stage, you can do little at home in the way of natural remedies. Advanced cleaning and a good oral hygiene routine will be essential, but be careful not to brush too hard, which might cause the gums to recede even more.

If you have gum disease, the best approach is to involve a dental professional from the get-go. They might be able to reverse gum disease if you seek help early enough, but they will monitor your journey, advising on treatment plans that stop your symptoms from progressing or worsening.

Regular hygiene cleans are important, where a hygienist will be able to remove bacteria that you won't be able to reach alone.

Stages of gum disease:

- Gingivitis is the earliest stage of gum disease, where symptoms present themselves as tender gums that bleed when prodded or brushed. As we can reverse gum disease in this early stage, we must visit our hygienists before the disease progresses and more severe, irreversible symptoms arrive. Recommended treatments for gingivitis involve deep cleaning and regular hygienist sessions. [Costs from £155.](#)
- Periodontitis is when plaque has reached below the gum line, producing toxins that trigger inflammation, causing the gums to recede and pockets to form between teeth. Patients, for example, might notice their gums separating from their teeth, which might cause the teeth to loosen. Damage to the bone is common, and the involvement of periodontist at this stage is essential. Advanced hygiene and periodontal appointments might cost upwards of £195.



- Advanced Periodontitis is the stage where all symptoms worsen, teeth become loose, bone loss continues, gums swell, and tooth loss is eventual. Gum recession is common, and treatments like laser gum graft surgery might be necessary to improve the gums' health and appearance.

Symptoms of gum disease

- Swollen, tender and puffy gums
- Red gums that bleed easily
- Spitting out blood when brushing or flossing teeth
- Persistent bad breath (halitosis)
- Heightened tooth sensitivity and pain when chewing
- New spaces, gaps or pockets that develop between teeth appear like black triangles
- Receding gums that are pulling away from teeth, giving the appearance of longer-than-usual teeth
- Changes to your bite

Risk factors

Factors that increase the likelihood of developing gum disease or worsen the symptoms include:

- Developing gingivitis from poor oral health care habits
- Smoking and obesity
- Poor nutrition and low vitamin C levels
- Hormonal changes related to pregnancy
- Certain medications that cause dry mouth
- Genetics and disease like diabetes

How to prevent gum disease?

There are only two things you can do to prevent gum disease:

- Practice good at-home oral care: Brushing your teeth for two minutes twice daily (in the morning and before bed), ensuring you floss at least once a day, too. Flossing before brushing your teeth allows better cleaning of loosened food bits and bacteria. Advanced oral hygiene routines ensure your teeth and gums remain free from bacteria that cause periodontal disease to thrive.
- Regular hygiene visits are essential, too – seeing the dentist or hygienist for regular cleaning every 3-12 months will help you keep the risk factors of developing periodontitis low. After a periodontal assessment, we'll be able to put you on a treatment plan that outlines the frequency of your deep cleans to ensure your mouth stays as healthy as possible.

Complications of gum disease

Do not take gum disease lightly. Periodontitis can cause tooth loss, and the bacteria it causes can enter your bloodstream and affect other parts of your body, too. Periodontitis is linked to other general conditions like respiratory disease and problems controlling your blood sugar in diabetes.



Gum disease on an oral level is difficult to live with; not only will it affect your smile's appearance due to longer teeth, exposed tooth roots and receding gums, but as the condition advances, it becomes more painful, leading to heightened sensitivity and pulsing gums. On top of this, patients will have to live with persistent bad breath that does not go away through teeth cleaning alone.

Gum disease is scary because once you let it progress past gingivitis, it cannot be reversed, and it's something you'll have to live with for the rest of your life, without the right precautions and care, you'll start to lose your teeth, which comes with its own [set of problems](#).

8.2 New Page – Oral Surgery

2. <https://capcitydental.co.uk/general-dentist/oral-surgery>

Do you need oral surgery?

- Tooth been bothering you for weeks?
- Pain in the mouth or jaw becoming unbearable?
- Recently had a tooth extracted, or was it knocked out?

Not sure if a trip to the dentist is enough? Think you need the involvement of an oral and maxillofacial surgeon?

GUIDE:

Oral and maxillofacial surgery is a speciality for dentists that focuses on the reconstructive surgery of the face, oral cavities, neck, mouth and jaws.

The first step is to talk to your dentist

Regardless of whether your pain is in your mouth or face, you should see a dentist to identify whether there are underlying problems with your teeth, gums, jaws, or bite. Believe it or not, your dentist can handle most oral complications, and if you think you need an oral surgeon, they're the best person to refer one, or some practices have them in-house.

[Register as a new patient.](#)

When you'll need an oral surgeon

Oral or maxillofacial surgeons are typically involved in oral surgery procedures that relate to or correct:

- Impacted wisdom teeth or [extraction](#) - when teeth emerge from the gums and there's not enough space in the jaw to accommodate them an oral surgeon might be required when the extraction is more complicated.
- TMJ disorders - when the temporomandibular joint causes pain in the jaw, stiffness or headaches. Joint surgery is usually recommended for advanced cases where a diagnosis indicates a specific problem in the joint.
- Overbites or underbites - when the jaw or teeth do not align correctly you might need an oral surgeon for orthognathic surgery if teeth cannot be aligned with orthodontic appliances. Usually recommended for patients with excessive and severe overbites and underbites, where they might have trouble chewing or swallowing.
- [Dental implants](#) - an oral surgeon is needed to embed a titanium implant in the jaw to replace one or more missing teeth. If you have no bone to support your implant, a bone graft might be required which will also involve an oral surgeon.

Oral surgery cost



The cost of oral surgery will depend on the procedure required. For example, more complicated tooth extractions which require oral surgeons to remove the tooth can cost anywhere from £250-£650 per tooth.

However, complicated wisdom tooth extractions can cost up to £950.

In the case of using an oral surgeon for procedures like dental implants, the [cost of surgery and implantation](#) is £1,520.

What is an oral and maxillofacial surgeon?

Oral surgeons have additional training and education beyond what's expected of your standard dentist. Most have a medical degree (MD) alongside their oral surgery diplomas and have undergone at least four years of training in hospital-based surgical programmes, learning several specialities, including sedation.

Why is oral surgery performed?

- Badly broken teeth
- Missing teeth or impacted teeth
- Bone loss in your jaw
- Extensive tooth decay
- Severe gum disease and receding gums

How long does oral surgery take?

The length of your procedure depends on several factors, for example, the type of oral surgery you're having, how many teeth are being treated and whether or not you've opted for sedation. As a rule of thumb, one single tooth extraction can take 30 minutes, whereas corrective jaw surgery might take two to three hours.

Is oral surgery medical or dental?

Oral surgery most definitely falls under dentistry - however, there are certain times, where oral surgery is for other medical purposes like cancer treatment, for example.

If you have problems with jaw pain, missing teeth, or tooth decay, you'll likely be under the care of a dentist.



8.3 New Page – Dental Sedation

<https://capcitydental.co.uk/general-dentist/nervous-patients/dental-sedation>

Ease your dental anxiety

- 36% of adults are scared of the dentist
- 12% suffer from extreme dental anxiety
- Avoided visiting the dentist for years due to your phobia?

Feel the same? You're not alone. Being a nervous patient should never get in the way of your dental health, and that's why here at Cap City Dental in London, we offer dental sedation for nervous patients so they can receive the dental treatments they need to sustain their teeth and gums.

Remain conscious but feel completely at ease

Our dentists are trained and qualified to provide conscious sedation. In particular, specialist dentist Dr Druttman has over thirty years of experience administering inhalation sedation and has helped hundreds of patients achieve a stress-free dental experience.

"In my experience, the fear of the dentist is often triggered by painful memories and the sounds of the drill, or thoughts of needles in the mouth. To avoid the fear of pain or lack of control over your treatment, relaxing gas has proven helpful in helping patients relax." Dr Druttman [GDC 46456](#).

If you're a nervous patient, just let us know, and we can prepare for your visit and ensure it's as easygoing as possible for you.

[Register as a new patient.](#)

Dental sedation explained

Our dentists use dental sedation to help you feel more at ease during your treatments.

Unlike general anaesthetic, it won't put you to sleep - you'll still be conscious and able to speak with your dentist, but you'll be deeply relaxed, feeling no discomfort or pain.

You'll likely have very little memory of the procedure, and no memory = no pain.

Dental sedation is not just reserved for invasive procedures; anxious patients can opt to have more routine procedures like hygiene treatments or restorations like fillings.

Techniques we use to ease dental anxiety

1. Dental sedation (IV, oral and inhalation)
2. Relaxation gas (Nitrous Oxide & Oxygen)
3. Practice tours and staff introductions
4. Desensitisation to drill noises
5. Local anaesthetic for most treatments



6. Noise-cancelling headphone music
7. Music of your choice

Dental sedation is safe and effective.

Procedures supported by dental sedation:

- [Hygiene appointments](#)
- [Tooth extractions](#)
- [Dental fillings and restorations](#)
- [Root canal treatments](#)
- [Crowns](#) and [dental veneers](#)
- [Dental implant surgery](#)

Why inhalation sedation is better

- There are fewer side effects compared to IV sedation.
- Best for needle-phobic patients.
- Recovery is faster (five to ten minutes) as oxygen wears away nitrous oxide.
- Cheaper than other sedatives.
- Suitable for a majority of patients, including children.
- Driving might be possible. Ask the clinician.

Types of conscious dental sedation

1. Intravenous sedation (IV) - A sedative is injected into the vein.
2. Inhalation sedation - Inhaling sedative gas through a mask placed over your nose and mouth.
3. Oral sedation - Where you take a sedative in pill form.

Instructions for after dental sedation

Following your treatment, you'll initially recover in practice to allow the effects of sedation to subside. You'll be discharged once you're fully recovered - but you must have someone to pick you up and take you home. Patients should not drive or exercise until 24 hours have passed.

Helping children's fear of the dentist

Fear of the dentist is quite common in children, and it's important to work with your child to prevent them from developing dental anxiety that might hold them back in the future.

How much does dental sedation cost?

The cost will vary depending on the type of sedation you choose.

For example, IV sedation is charged by the hour, so if your procedure is particularly long, as seen with [full arch restoration treatments](#) using implants, you'll have to pay for a minimum of four hours of sedation.

For inhalation sedation using laughing gas, patients can expect to pay £120 for simple procedures.



8.4 New Page – Tooth Whitening Process

<https://capcitydental.co.uk/cosmetic-dentistry/teeth-whitening/process>

- Incredibly safe under the guidance of a dentist
- Does not cause any damage to your teeth
- Custom-fitted whitening trays ensure every angle of your tooth is covered
- Whitening trays eliminates any inconsistencies
- Sensitivity following teeth whitening is normal
- Each session removes years of stains
- Once stains are gone, it's easy to maintain

What to expect

Are you thinking of professional teeth whitening but want to know if it works first and what the process is like? Whilst there are different steps for different types of professional whitening, all are very simple and effective at brightening your teeth several shades. Whether you're administering whitening agents at home or relaxing chair-side at our practice, the process of teeth whitening is the simplest of all the cosmetic dental treatments.

Boutique Whitening process

Boutique By Day: 6% Hydrogen Peroxide

- 1.5 hours wear time

Boutique By Night: 10% Carbamide Peroxide

- 4-6 hours wear time

Instructions:

- Brush teeth, load the whitening tray and load the product.
- Place whitening trays over teeth and press firmly into place, then push each tooth to disperse the gel.
- Wear for the allotted time, then remove and clean off any excess gel that may have seeped out of the edge with a tissue or soft toothbrush. Rinse with water.
- Clean your trays with cool water and a soft toothbrush.

Zoom Whitening process

Wear times differ depending on the product. Expect from 30 minutes to four hours.

1. Floss and brush teeth
2. Place a teardrop amount of gel into each tray compartment (larger teeth use a slightly larger drop).



3. Place the tray containing the gel in the mouth - be careful to keep away from gums. Remove excess gel with your finger.
4. This is part of the process if you see bubbling within the trays when wearing them.
5. After whitening, remove and rinse the trays with cold water. Hot water might damage the trays.

Laser tooth whitening occurs chairside at a dental practice and takes 60 minutes to complete. The dentist will paint the formula onto the teeth and cure them with a UV light.

How it works

The process of whitening teeth uses active ingredients like hydrogen peroxide to temporarily open pores in your teeth and lift stains.

Food and beverages like wine, coffee and berries cause stains that are absorbed through pores in your teeth. To get rid of these stains, we follow the same principle by using a whitening formula that's absorbed by the teeth, which instead pushes out the stains.

Following each whitening session, teeth will naturally remineralise and rehydrate.

How fast it takes

With teeth whitening, it's important to understand the process is not immediate, although you can expect a difference after each session. Stains on teeth cannot be removed overnight, and there's no product on the market, professional or over-the-counter, which can whiten teeth in a few minutes or a day.

It is chemically impossible for any whitening agent to penetrate deep enough into the teeth safely to work this way. Truthfully, the whitening process can take as much as four days, weeks or even months to be effective.

Patients with severe stains must be patient throughout the process and understand that with each session, they'll get one step closer to a white and brighter smile.

Tooth sensitivity is nothing to be concerned about

Tooth sensitivity is hugely common, and it's caused by genetics, thin enamel or cracked and damaged teeth. When whitening teeth, some patients experience no sensitivity, whereas others will - and it's completely normal.

The teeth become temporarily dehydrated during the process, reducing their ability to insulate the nerve from any temperature changes.

The effects of tooth sensitivity should disappear within 12-36 hours after whitening, and our dentists will provide post-whitening fluoride treatments to nourish the teeth and promote faster rehydration.

Is teeth whitening procedure painful?



Rest assured, knowing that the teeth whitening procedure does not hurt. The newest professional treatments feature desensitizing agents and neutral-pH bleach, which helps reduce sensitivity and minimises "zingers."

If you suffer from sensitive teeth, there are ways we can gradually lighten your teeth using less hydrogen peroxide per treatment that improves your reaction and whitens your teeth without pain.

Warnings:

- Contains hydrogen peroxide
- Harmful when swallowed
- Avoid exposure to hypersensitive teeth
- If irritation occurs, discontinue use
- Consult with a dentist first
- Avoid exposure of the product to sunlight or heat



8.5 New Page – Tooth Whitening FAQs

<https://capcitydental.co.uk/cosmetic-dentistry/teeth-whitening/faqs>

Tooth Whitening FAQs: Your Guide to a Brighter Smile

Learn everything you need to know about whitening your teeth, including instructions, wear time, guidance for sensitivity, and so much more, using the frequently asked questions below.

Tooth whitening explained

Tooth whitening is a cosmetic dental procedure designed to lighten the colour of your teeth and remove stains. It's a popular method to enhance your smile and boost confidence by removing surface stains and tooth discolouration caused by drinking coffee or smoking.

Who carries out the whitening treatment?

All whitening treatments are administered by our CQC and GDC-approved cosmetic dentists.

How does tooth whitening work?

Most tooth-whitening products use bleaching agents like [hydrogen peroxide](#). Whitening agents and forums enter through pores in your teeth and gradually break down stains into smaller pieces, making the discolouration less and less through each wear. [The process](#) generally involves applying the whitening formula to the teeth using trays. Laser whitening works similarly but is carried out on a chairside with a UV light to speed up results.

What are the different types of tooth whitening?

There are various methods to whiten teeth, from over-the-counter products, including whitening toothpaste, strips, and gels, to professional options supplied by dentists. Patients have the choice between several brands of professional tooth whitening involving in-office treatments like [Boutique Whitening](#) (take-home kit), [Enlighten Evolution](#) (in-office and take-home), and [Philips Zoom Whitening](#) (in-office and take-home).

Is tooth whitening safe?

When done correctly and under the direction of dental professionals, tooth whitening is generally considered safe and effective. However, it's essential to follow product instructions carefully. It's also essential to consult a dentist before starting any whitening treatment, especially for those with dental issues like [tooth sensitivity](#).

How long does it take to see results?

Results vary depending on the method and brand used and how heavy your teeth are stained or discoloured. Some people notice a difference after the first application, while others may take weeks or even months to notice white teeth. It's important to remember to be patient; with each application, the formulas reverse years' worth of stains, so it can be a journey for some patients.



If you're using at-home kits, you'll wear them for a short time every day or overnight for two to three weeks. Whitening treatments carried out in the practice usually take 60 minutes.

Are there any side effects?

Common side effects include tooth sensitivity and gum irritation. For example, it's normal to experience tooth sensitivity within the first 36 hours, which should subside following this time frame. During your initial consultation, we will determine whether you suffer from hyper-sensitivity and can recommend formulas with lower levels of peroxide or carbamide to reduce sensitivity or pain.

Can anyone get tooth whitening?

While many people can benefit from tooth whitening, it's not always suitable for everyone. For example, pregnant or under 18. The General Dental Council ([GDC](#)) advises that whilst your teeth are still developing, it's best not to try whitening until you are 18 years of age. It's also not recommended for those with seriously damaged teeth or those with a peroxide allergy. [Source](#).

How long do the results last?

The longevity of results depends on lifestyle factors such as diet and oral hygiene, as well as the type of whitening method you opt for and brand. Avoiding foods and beverages that stain teeth and maintaining good oral care can help prolong the effects of tooth whitening. As a general rule, patients should expect results to last between 12 and 36 months.

Can I whiten my teeth at home?

Yes, there are several at-home tooth whitening options available like Boutique By Day and Boutique By Night. Explore more [here](#). It's essential to choose products with the British Dental Association ([BDA](#)) seal of approval for safety and efficacy.

8.6 New Page – Decayed Teeth

<https://capcitydental.co.uk/decayed-teeth>

Tooth Decay Symptoms

- Toothache (continuous or sharp pain)
- Heightened tooth sensitivity
- Tenderness when eating or drinking
- Grey, black or brown spots on teeth
- Persistent bad breath or odd taste
- Holes in teeth / food getting stuck

[Book appointment.](#) If you need an emergency appointment call the practice on [020 7621 0600](tel:02076210600) today. Or check your symptoms first [here](#).

When to see a dentist

If you're experiencing any signs or symptoms of decaying teeth, you shouldn't delay. Sometimes, patients are unaware that a cavity is forming until toothache sets in – that's why it's important to be consistent with check-ups and hygiene cleans.

If you have had decayed teeth for some time and are worried you'll be judged for your bad teeth, don't be – it's what we're here for. Start with an [extensive check-up](#) for £155 today, which will evaluate your oral health and provide a treatment outline of the best next steps.

[Register as a new patient.](#) Our dental practice is in central London, 4 minutes from Liverpool Street Station.

Causes of tooth decay

The risks of tooth decay increase with the types of drinks and foods you eat. But the main cause is when you do not renew your worn fillings or restorations, allowing bacteria to enter the pulp of your tooth.

On top of this, insufficient oral hygiene routines are the leading cause, which allows [plaque to form quickly](#), which soon turns into tartar when not removed correctly.

Once you have developed tartar, it makes the plaque harder to remove as it creates a shield for the bacteria – the only way to create a clean and healthy base is by visiting a dental professional who can remove this plaque. [Advanced hygiene typically costs £155.](#)

How to tell if your cavities are serious

- Tooth pain which diminishes your quality of life.
- Tooth loss which will affect your appearance and self-esteem.
- Tooth abscesses or pus in the gums can lead to serious life-threatening infections.



- Difficulty eating and chewing – affecting the types of foods you eat.
- Halitosis – where bad breath is persistent and uncontrollable.
- Teeth begin to crack or crumble.

What happens if you ignore dental decay?

As our dentists, it's also our job to educate you on what happens if you let dental decay run rampant. When cavities and tooth decay go untreated, you'll advance through the stages of dental decay and risk developing abscesses, gum swelling, damaged, broken teeth and eventually tooth loss.

It will never be too late to save your smile, but at some point, it might be too late to save your tooth, meaning you need to remove the tooth. In cases where the tooth has already fallen out, and decay has advanced so far, it will lead to more extensive and expensive repairs, where you'll have to utilise prosthodontics and cosmetic dentistry to rebuild your smile.

Typical treatments for decayed teeth

- [Dental fillings](#) (invisible) from £95.
- [Dental crowns](#) (porcelain) from £950.
- [Root canal treatment](#) from £485.
- [Tooth extraction](#) from £185.

Cosmetic boosts:

[Tooth whitening](#) from £360.

[Dental veneers](#) from £350.

[Dental implants](#) (missing teeth) from £1,520.

Prevention is key for the future of your smile

Working with our dentists can restore your oral health to a base level that helps you prevent tooth decay from occurring again.

Our restorations, like fillings, crowns and dental sealants, offer protection for your teeth, preventing bacteria from breaking down your tooth structure.

All that will be asked of you moving forward is regular check-ups and cleans, which you should undergo every 6-12 months. However, if you have advanced gum disease, you might be on a treatment plan that requires you to visit the dentist every three months until we can manage your symptoms effectively.

You'll be in the right hands

- [Inhalation sedation](#) from £120 for [nervous patients](#).
- Restorative, non-invasive and [long-lasting treatments](#) to repair the damage caused by decay.
- [Same-day cosmetic treatments](#) to improve the appearance of decayed teeth.



Dr George Druttman is the dentist you'll want on your team to fight and repair the effects of dental decay.

[Specialist prosthodontist](#) Dr Druttman has over 30 years of experience helping patients rebuild their smiles with innovative and affordable procedures designed specifically for bad teeth. We're lucky to have him. [See our fees.](#)

8.7 New Page – Yellow Teeth

<https://capcitydental.co.uk/yellow-teeth>

How to Get Rid of Yellow Teeth and Other Discolouration

You might have seen online recommendations for various home remedies that can help get rid of yellow teeth. But as dentists we know that whilst you might be able to control surface stains, at-home remedies won't be effective at treating underlying causes of yellow teeth like enamel wear that's exposed the dentin or how teeth naturally yellow as you age.

The recommended treatment solution will depend on the cause of your yellow teeth

Dentists can help identify the cause of your yellow teeth and recommend treatments to help whiten them and keep them looking bright.

For example, tooth whitening is not always recommended. We can whiten teeth with a hygiene treatment called AirFlow, which is cheaper or recommend other cosmetic treatments for teeth that specifically target yellow teeth caused by enamel erosion.

Why your teeth are yellow

There are several causes for yellow teeth:

- Age – calcified tissue underneath the enamel called dentin, which is yellowish in colour, is exposed as the white enamel on teeth becomes worn over time. [Learn more.](#)
- Stains – compounds like the foods you eat and the drinks you frequently consume can stain the surface of the tooth. Smoking also increases the risk of staining.
- Plaque build-up – if you have [gum disease](#), the formation of plaque can give a yellow tinge to your teeth, and if you have tartar, it can be difficult to remove without the intervention of a dentist or hygienist. Poor oral hygiene is a cause.
- [Dental decay](#) – a yellow hue near the gum line is often an early sign of tooth decay, gum disease or other underlying dental conditions.
- Oral trauma and excessive fluoride consumption can cause internal damage to the tooth [discolouring it.](#)

Different dental treatments for yellow teeth

- [Composite bonding](#) for enamel erosion from £150.
- [Porcelain](#) or [composite veneers](#) for enamel erosion from £250.
- [Airflow teeth cleaning](#) and hygiene cleaning for minimal tooth staining from £155.



- [Tooth whitening](#) for heavier surface staining from £360.
- [Dental crowns](#) for teeth that are turning brown or black due to heavy decay from £950.

Be cautious of certain at-home recommendations

There's a reason why dentists are involved when consulting on the whitening of teeth. Exposing your teeth to hydrogen peroxide without the guidance of a dentist can cause more damage than good.

Dentists use hydrogen peroxide to reduce tooth staining and improve whiteness, but it causes tooth sensitivity, and if you already suffer from sensitive teeth, then you could be experiencing complications and further problems that cause you pain.

Other recommendations might be using Vitamin C or even brushing your teeth more frequently. But as experienced dentists, we know that brushing your teeth too hard can actually expose the dentin layer, making your teeth appear more yellow.

Patients with high expectations for whitening toothpaste or over-the-counter tray-based tooth whiteners might also feel disappointed when they don't achieve the results you expect.

Tray-based whiteners can lighten teeth maybe one or two shades, and the same claims can be seen for whitening toothpaste, which means it will only really be effective if your teeth are a good shade of white already.

Plus, they don't address the reason your teeth are yellow in the first place.

Professional teeth whitening options

Professional teeth whitening treatments provided by cosmetic dentists fall into two categories:

- In-chair whitening – more immediate results
- At-home whitening trays – gradual results

In-chair whitening is carried out at our dental practice and is more pricey, but it is completed in an hour or so and can lift teeth to 5-7 shades.

Under the experienced hands of a dentist, patients can minimise side effects like tooth sensitivity and pain. [View the process.](#)

At-home whitening is more cost-effective but will be slower. Patients typically wear the custom-made trays for up to a few hours each day for weeks.

At-home trays provided by dentists are more effective because they're custom-made for your teeth for optimal results.

