



An Experience of Teeth Whitening @ Huntingdon House Dental Surgery

ZOOM technology advanced power teeth whitening. I was told I would have an appointment lasting up to two hours; I was nervous! The idea of having treatment to my teeth for such a long time was daunting!

There are many causes of tooth staining but we all tend to get increasingly stained teeth as we age, obviously made worse by substances such as tea and coffee, red wine, cola and tobacco. Some people get more stained teeth from certain antibiotics or excessive fluoride. Many dentists offer teeth whitening procedures, but at Huntingdon House the latest tooth whitening technology is used with the most up to date equipment. I was told that Zoom 3 is not only very effective but also safe and quick.

As it turned out my fears were allayed by Dr Georgina O'Callaghan, the principal dentist at Huntingdon House, who usually administers this treatment. Georgina's naturally friendly manner combined with her constant explanation throughout the treatment and checking at every step that I felt ok, made this treatment very tolerable.

I came into the surgery a few days beforehand to have impressions made of my teeth in order to have "trays" specially made to fit.

Now lying in the dentist's chair I was tilted back a little to prepare for the treatment by covering the lips and gums leaving only my teeth

exposed. This felt pretty strange but not unpleasant or painful. The specially prepared Zoom whitening gel was then applied and then the chair

was raised a little as the

ZOOM! light shone over me to activate the gel. I didn't much like the feeling of having something in my mouth during this procedure but managed to relax and listen to the gentle music that was playing. This whole process was repeated four times; Georgina said that it would be more effective if it was repeated three or four times and after a while I became quite used to it. I was given dark goggles to protect my eyes from the light above me. Towards the end I felt a little sensitivity in my teeth. Georgina told me this might continue for up to 24 hours. She was exactly right, it was quite mild and totally disappeared within 24 hours. I was given some relief gel to apply that evening.

I was at the surgery for an hour and a half all in, not bad considering that when I was shown my teeth in a mirror at the end, I was amazed. And delighted! Although I was told my teeth were averagely discoloured to start with the difference was staggering, several shades lighter, not just a slight difference.

I was given custom made trays and bleaching treatment to take home and advised to wear these for an hour each evening for the next week. I was told that by following some simple post whitening care instructions, my teeth will always remain lighter than they were and was advised that the lighter or whiter the food or drink, the less it will stain my teeth.

Having had this treatment, occasional touch-ups with ZOOM! Weekender or ZOOM Nite White Gel are offered; both are professional products designed to help keep teeth white. I attended the surgery a week later and was shown how much whiter my teeth are now than before by comparisons on a special tooth shade chart. My "new" white teeth were off the chart!

I can really recommend this treatment to anyone worried that their teeth are a little stained or if you have a special occasion coming up where you really want to look your best. You won't regret it and you'll definitely end up smiling!



My Before & After Photos



KW