



## Boutique teeth whitening FAQs

Your journey to a whiter, brighter smile starts here with Boutique Whitening. An effective and professional teeth whitening treatment that can be used during the day or at night.

### Boutique by Day

Developed to be used during the day, this 6% hydrogen peroxide formula will give you a whiter smile result with just 90 minutes of daily use.

### Boutique by Night

Let the magic happen while you sleep. Your dentist will suggest either 10% or 16% carbamide peroxide solution depending on how sensitive your teeth are.

### 4-simple steps to a whiter, brighter smile with Boutique Whitening

#### 1 Attend your consultation

Before you can begin treatment, your dentist will carry out a thorough examination to ensure your teeth and gums are healthy.

#### 2 Have your intraoral scan

Usually, a dental professional will take an intraoral scan or impressions of your teeth to make a custom tray which fits comfortably in your mouth.

#### 3 Prepare for your treatment

In preparation for your treatment, you'll be provided a Boutique Biomin toothpaste that will remineralise your teeth and possibly reduce any sensitivity before you start whitening treatment.

#### 4 Get started

Have your trays fitted in practice and use them at home as directed to unlock your whiter, brighter smile.



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### **What is Boutique Whitening?**

Offering treatments that can be used during the day or at night, Boutique Whitening is a fast, effective whitening system.

### **How does Boutique Whitening work?**

The Boutique Whitening agent your clinician provides you with needs to be added to your custom tray and placed in the mouth. As part of your treatment plan, your dentist will advise you on how long you should be wearing the tray to achieve the results you're looking for - this could be for a few hours, a day, or overnight for up to a period of three weeks.

### **How long does Boutique Whitening treatment usually take?**

Once you have your whitening trays, it can take as little as two to three weeks to complete your treatment plan. Boutique Whitening is only available through a dental professional to ensure your whitening treatment is delivered with the knowledge and professionalism you deserve.

### **Will my dental restorations change colour?**

Teeth whitening is specifically designed to lighten your natural teeth. However, this means it won't affect the colours of fillings, crowns, veneers, dentures or any other dental restorations.

If you're planning to have teeth whitening treatment and have had visible restorative work, you may want to consider planning for adjustments or replacements to ensure all your teeth are of a similar appearance.

At Neem Dental Clinic, Harrow, your dentist will review your dental history and existing restorations during your consultation. They will be best positioned to discuss any additional dental work you may need to ensure your smile is at its very best after your treatment is completed.



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### **Do teeth whitening need to be topped up?**

Yes, your teeth whitening treatment won't last forever. After your initial treatment, we can support you with providing top-up whitening treatments to maintain your bright, new smile. How long it takes before you would like a top-up will vary.

### **What can I do to maintain my smile after teeth whitening?**

To ensure your treatment lasts as long as possible, choose Neem Dental Clinic, Harrow, and maintain a consistent oral health routine after your treatment. Brush twice daily with an appropriate whitening toothpaste to reduce the build-up of stains and avoid activities that stain teeth like regularly smoking, drinking red wine, tea, or coffee.

Consider visiting a dental hygienist as recommended by your dentist to help maintain your new smile.

### **How many appointments should I need for teeth whitening?**

If you don't require any additional dental work to prepare you for whitening treatment with Boutique Whitening, you should expect to attend practice no more than a handful of times, depending on your needs.

### **What is the difference between Boutique by Day or Boutique by Night?**

Boutique Whitening offers different types of treatment to suit different individuals and lifestyles; your dentist will work with you to determine your needs and decide the most appropriate treatment for you.



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### When might teeth whitening not be suitable?

Prior to having your teeth whitening treatment, your dentist will complete a thorough examination and determine whether teeth whitening is a suitable treatment option for you. There are some restrictions, however:

- Legally you must be 18 or older.
- If you have gum disease or other dental concerns, your dentist may suggest that teeth whitening will not be suitable until you've received further treatment.
- If you have de-calcifications (white spots) on your teeth, these might become more noticeable after whitening. We can address this with treatments, such as ICON, which uses a filling material to help reduce the appearance of white spots.
- Teeth whitening is not recommended during pregnancy or breastfeeding. Similarly, certain health problems, such as allergies, may mean that teeth whitening is not suitable.
- If you have deep intrinsic staining (e.g., from tetracycline) may be less effective.

Teeth whitening treatment will only work on natural teeth. Artificial teeth, implants, crowns, bridges, fillings and veneers can't be whitened in the same way. Sometimes these can be replaced after treatment to match your new brighter smile.

It's important that during the pre-treatment consultation you understand the need and cost for additional treatment to replace crowns, veneers and fillings.

If you are considering crowns, veneers, dentures etc. then talk to your dentist about whitening at the start of treatment. It is much easier to whiten the natural teeth first and then match any other restorations or replacement teeth to the natural whitened teeth.



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