

BOUTIQUE

WHITENING



FREQUENTLY ASKED QUESTIONS

How does it work?

Tooth whitening works by using peroxide based whitening agents. Firstly, we take some moulds and make bespoke, very close fitting whitening trays that fit over your teeth.

We have 2 different types of whitening formula. The Boutique by Day you wear for an hour and a half a day, and we have several Boutique by Night formulas which whiten your teeth as you sleep. You can choose depending on what suits you best. Both types of treatment will give you the same fantastic results.

Only a dental professional can use Boutique Whitening. These products are around 60 times stronger than over the counter products, or those that you order from the internet, so you can be assured of a great result.

How white will my teeth go?

If you finish the entire whitening kit you can expect your teeth to go very white. The beauty about home whitening is that you are in control. Once your teeth are whitened to a shade you are happy with then simply stop whitening.

How long will they stay white for?

Your teeth will stay white for between 6 months to a year before they gradually start to fade back to their original shade. It depends on your habits. Drinking coffee, red wine, eating heavily coloured foods and smoking, are some of the habits that will cause your teeth to become stained and discoloured faster. A simple top up treatment is all that is required to get your teeth whiter again.

What's the difference between Boutique by Day and Boutique by Night?

Boutique Whitening by Day is a 6% hydrogen peroxide gel. Hydrogen peroxide breaks down very quickly and most of the whitening effect takes place in the first half an hour, but in order to get the full effect of the gel, we recommend at least 1.5 hours of wear time.

Boutique by Night are carbamide peroxide based gels which break down more slowly. We have several different strengths of gel all designed for an overnight wear so you can whiten as you sleep.

Boutique also manufacture a 4.25% Hybrid Pro gel. This is a blend of 4.25% hydrogen peroxide and 4.25% carbamide peroxide. This gel is designed to be worn overnight and delivers a gentle nudge with the hydrogen to get things started, whilst the carbamide slowly ramps up, to deliver a powerful dose of whitening, but very gently, as you sleep.

How much does it cost?

Make sure you have the prices to hand and understand the finance costs if it is something you offer.

Does it damage my teeth?

Tooth whitening is one of the most heavily researched products in the dental industry. It does not cause any damage to the teeth at all. Boutique is a professional whitening product manufactured to industry standards, it is very safe to use.

Will it whiten my crowns and fillings?

Tooth whitening will only whiten your teeth. Any crowns and fillings on your front teeth will most likely need replacing after your teeth have been whitened as they will not whiten. You will need to speak to the dentist to see what this might involve.

Does it hurt?

When you have your teeth whitened, there is often a degree of sensitivity. Some people get occasional flashes of discomfort. Some get discomfort that requires them to stop whitening, or take over the counter pain-killers. If you do experience sensitivity, we do have some serums and toothpastes that work very well to reduce these effects. If your teeth are generally sensitive, then please discuss this with your dentist when you attend, as they will likely recommend that you use the serum and toothpaste prior to whitening.

Do I need to watch my diet whilst whitening?

We do not recommend that you change your diet whilst whitening. The only thing we would say is not to eat heavily coloured food for an hour or so after taking your trays out. After that you can eat and drink as usual.

Just something to be aware of, keeping your teeth white after teeth whitening requires a little care and attention in your dietary and social habits. Ensuring good oral hygiene important, but watching what you eat or drink is just as critical. Red wine, sports drinks, tea and coffee, soft drinks and curries are just some of the foods that can cause staining of your teeth.

Is this better than the stuff I can order online?

The products you order online are legally only allowed to be sold with a maximum of 0.1% peroxide, which is too little to whiten your teeth. Professional whitening products are up to 60 times stronger than this and will definitely give you a better result. There are also many horror stories of unlicensed and unregulated products causing burns and scars to cheeks, lips and gums when used incorrectly so definitely best to steer clear of anything that isn't issued from a dentist.

Is laser whitening faster?

Whitening your teeth does take some work on your part, and some commitment to the process. Laser, or in surgery whitening, promises to offer instant results. Whilst your teeth may be whiter when you leave the surgery, the results are rarely long lasting because the whitening effect in these cases is usually down to the teeth being dehydrated. For the best results, and more long lasting results, home whitening is the gold standard treatment with decades of evidence behind it.

How long should each syringe of whitening last?

Each syringe of Boutique Whitening should last around 5 days when whitening the upper and lower teeth.

If you use too much gel, it may leak, causing sensitivity owing to irritation of the gums.

If you use too little, the teeth may not whiten very well.

Will I end up with a fake looking 'Hollywood' smile?

Dentist supervised home whitening is a gradual process, so you can decide quite easily when you are happy with the shade of your teeth and when you would like to stop the process.

With teeth whitening, even when the teeth become very white, they should still look natural and pleasing without looking fake. This effect is often owing to the use of overly white porcelain crowns or veneer, which are often more opaque and less natural looking than your own teeth.