



Article published on May 4th 2012 | [Health](#)

Laser tooth whitening is a faster method than bleaching with hydrogen peroxide. The bleaching process takes up several weeks while Laser tooth whitening is done in fewer sessions. It must be carried out under the supervision of competent cosmetic dentists. The conventional method employed made use of a teeth whitening gel that produced oxygen ions to loosen the stains from the teeth. On the other hand, Laser Tooth Whitening uses a whitening solution which loosens the stains faster. It can be used to whiten a single tooth too and is appropriate to use if one tooth is stained and the adjacent ones are not. Below is the basic procedure followed in laser tooth whitening.

Screening

The cosmetic dentist Holborn begins by inspecting your gums. This particular cosmetic dentistry London method is not appropriate if your gums have receded and more of the tooth root is exposed. It is not possible to whiten tooth root by laser. The cosmetic dentist Holborn will recommend another method if this is the case. Laser tooth whitening is not recommended for adolescents and pregnant women.

Pre-Treatment

The cosmetic dentist Holborn first brushes the teeth and blocks all cavities. The teeth whitening solution may damage the teeth if it gets into the pulp chamber and root canal via the cavities.

Medication

Cosmetic dentist Holborn provides medication to prevent temporary teeth sensitivity that may result from teeth whitening. Severe sensitivity occurs after this cosmetic dentistry London procedure especially for patients who already have the sensitivity problem. A non-steroidal anti-inflammatory medicine is administered prior to the first teeth whitening session to keep the sensitivity under control.

The Whitening

Laser tooth whitening is performed on the cosmetic dentist Holborn's™ chair. A plastic or rubber mouthguard is used to keep the mouth open. The gums are covered to prevent the teeth whitening solution from reaching them. The gum cover is basically a gel which solidifies to form a rubber-like layer after application. The teeth whitening solution is then applied to the front teeth using a syringe. The cosmetic dentist Holborn uses a pen-like laser generator to activate the solution. As a result, it foams and removes the stains. The cosmetic dentist Holborn leaves the teeth whitening solution on the teeth for a few minutes before removing it with a tiny vacuum cleaner. The cosmetic dentistry London procedure is repeated several times until the teeth are appropriately white. Finally the mouth is washed with water and the gum cover removed.

Follow-up

The teeth can be stained again after whitening. Drinks like coffee and tea, smoking, medication or some foods may re-stain the teeth. Repeat laser tooth whitening may be required in such cases. The whitening can last six months to even several years. Sensitivity may be felt during the first few days following the procedure. However, the level of sensitivity varies with each patient. The

cosmetic dentists give medicine to lessen or prevent this sensitivity. It generally stops after a few days of treatment. At times, the gums may become sore and turn white after the treatment. This should immediately be reported to the dentist so medication can be prescribed and this ailment can be relieved.

Article Source:

<http://www.articleside.com/health-articles/laser-teeth-whitening.htm> - [Article Side](#)

[Pendragon Health](#) - About Author:

Pendragon Health, a leading Cosmetic Dentistry clinic, is situated in London, UK. We have an excellent team of cosmetic dentists who provide the highest level of patient care in different treatments like a [Dental Crown](#) and Dental Implants.

Article Keywords:

Cosmetic dentistry, Cosmetic dentist, Cosmetic dentistry London, London Cosmetic Dentistry, London cosmetic dentist, cosmetic dentist London

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!