



YOUR COSMETIC DENTISTRY GUIDE

Must-know tips and information about cosmetic dentistry treatment at Ten Dental+Facial

"My teeth look amazing, I'm so happy!"

- Ten Dental+Facial Patient



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Tooth Whitening

Tooth whitening can be a very effective way of lightening the natural colour of your teeth without removing any of the tooth surface.

It cannot make a complete colour change, but it may lighten the already existing shade. Whitening can cause a small increase in sensitivity to hot and cold. This is temporary and settles down quickly once the treatment is stopped. Normal analgesics that you might take for a headache will treat this quite effectively.

Normally the effects of tooth whitening keep very well, however effects of tooth whitening will vary from individual to individual, and vary dependent on lifestyle habits such as diet, smoking, tea, coffee and red wine consumption. We recommend that “top-up” trays are used every two years for one or two nights. This along with good oral hygiene and regular visits to the hygienist will keep your teeth at the optimum shade.



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Tooth Bonding

Tooth bonding is a procedure in which a tooth coloured resin material called composite (a durable plastic material) is applied in small layers to the tooth and hardened with a special light, which ultimately “bonds” the material to the tooth to restore or improve a patient’s smile. We can get some dramatic changes to the shape of your teeth after orthodontics with bonding to repair chipped and worn edges and close small spaces.

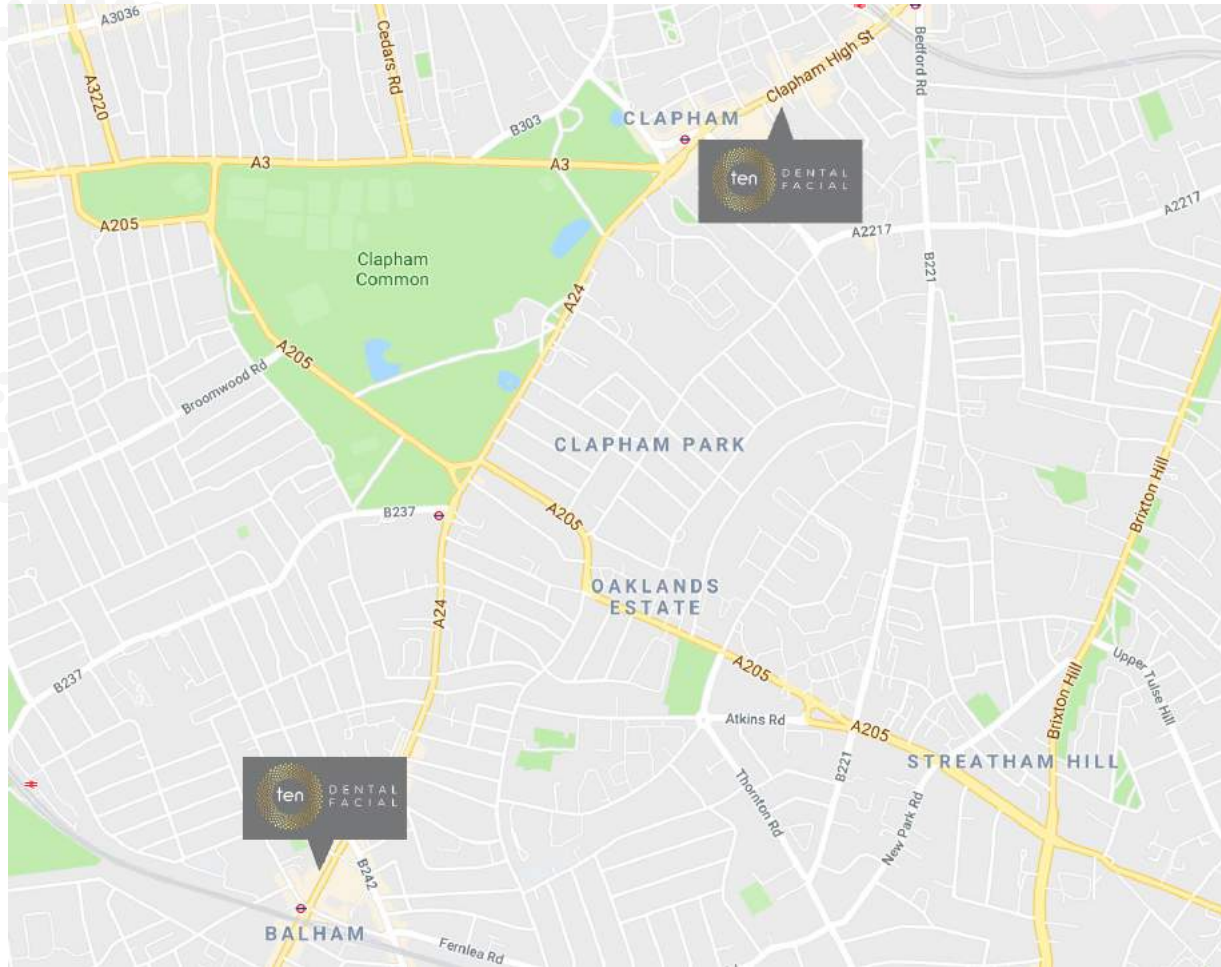


Tooth Contouring

Contouring involves gently shaping the edges of your teeth to smooth and even them out in a way that it does not remove very much tooth. You may find that after having your teeth aligned the edges need to be contoured to make them look their best.



Ten Orthodontic Centre Patient



We always offer a free consultation if you are considering cosmetic dentistry. Call us on **0203 944 4485** to book.

We have practices in Clapham and Balham and offer evening and weekend appointments.

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