

Smile and the world smiles with you

DENTAL Works, based at Unit 1 Station House, Elder Gate, opened its doors in May and is the only practice in Milton Keynes offering this service.

The convenience of Zoom! in comparison to days of home bleaching make it the perfect choice for the busy individual.

So far, only nine people in the city have used this simple and painless bleaching process that lightens discoloration of enamel and dentin.

Carrying out the teeth whitening procedure, dentist Abraham Varghese, checked my teeth and gums to decide whether or not they were healthy.

He then isolated my gums and applied the Zoom whitening gel on my teeth.

A liquidum was then used to cover up my gums and Zoom! which is a specially designed low-heat UV light was applied for twenty minutes.

The twenty-minute cycle is then repeated twice for the system to reach its full effect.

To end the whitening procedure, I then underwent a five-minute fluoride

The latest advances in cosmetic dentistry are a world away from the stereotypical perception we have from our childhood. Reporter SAIMA SABIR jumped onto the teeth-whitening train

treatment.

Dental Works charge a patient £550 and is happy to book the treatment, which lasts for a year, within three to four days.

Throughout the treatment I had to wear protective eyewear and had my mouth open the whole time – which was uncomfortable.

Zoom! is not recommended for children under 13-years-of-age or pregnant women.

I had to be careful for the first 48-hours after my treatment if I wanted to enhance and maximise my whitening results.

I had to avoid dark staining substances such as coffee, tea, cigarettes, mustard, ketchup, cola or red wine and soy sauce for the next two days.

Mr Varghese said: "The only side-effect some patients can experience is sensitivity during the treatment as the Zoom! light generates minimal heat which is the usual source of discomfort.

"On rare occasions minor tingling sensations are experienced immediately after the procedure but always dissipate.

"It all depends on patient compliance and what you eat and the end result would vary from patient to patient depending on the consistency of the tooth structure."

Mr Varghese also added that some customers have found that they get a better result with Zoom! compared to home bleaching.

"Home bleaching means the person has to wear a tray for four hours every night for at least three weeks and the results can be reasonably effective but it

is more time-consuming, annoying and can give the patient more sensitivity."

Zoom! teeth whitening system is also available for home use and is known as the Zoom Take-Home whitening system which works under the same principles as the Zoom teeth whitening system except it works over the course of three nights.

The practice also offers patients Invisalign, which is the invisible way to straighten teeth using a series of custom-made undetectable aligners.

Jennifer Cross, dental nurse and Invisalign co-ordinator, said: "This is a private orthodontic treatment and it is recommended for anyone who is over 18. The treatment is private and it costs £3,500.

"They are aimed more for adults because research has found that they find it an embarrassment if they were to wear a metal brace.

"Invisalign is comfortable, removable and invisible but you need to take it out for cleaning and eating and it needs to be worn in the mouth for at least 23 hours a day.

"The treatment takes between a year or 18 months to work.

Contact Dental Works on 01908 696131.



BEFORE



DURING



AFTER