
Welcome to your guide about Tooth Whitening treatment at [Claregate Dental Practice](#), in Wolverhampton.

In this guide we will cover the most common questions asked about [whitening your teeth](#). Some more information can be found on our website, and you are always welcome to contact us for a **free** consultation with our Patient Care Co-ordinators.



1) How much does tooth whitening cost?

- Our home whitening kit costs from £400 and includes your custom-made whitening trays and a month's supply of whitening gel.
- If you look after your trays after treatment, you can continue to maintain the whitening effect by purchasing top-kit kits.
- We also run promotions throughout the year.

2) How long will the results last?

- This is largely dependant on your lifestyle. For example if you smoke or drink tea/coffee, eat foods with tannins in, you are more likely to need to top up your whitening sooner.

3) What methods are used?

- At Claregate Dental Practice we provide a home whitening system.
- A digital 3D scan will be taken off your teeth and bespoke trays are made for you in the lab to whiten your teeth at home.
- You can choose between Pola Day, which you wear for 30-45 minutes, or Pola Night, which you wear for 2 hours to overnight.
- This video will show you how easy it is to do the [treatment](#).



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4) What are the side effects?

- Some patients can experience tooth sensitivity during the process.
- This is usually temporary during the treatment.
- If you overload your trays with the whitening solution, this can cause irritation to the gums.

5) Am I a good candidate for tooth whitening ? What about my existing crowns, fillings, veneers?)?

- You will need a dental check-up (or had one done recently) so that we can check you are suitable for tooth whitening.
- Whitening will not change the appearance of any existing crowns, veneers, bridges or fillings. It only works on natural teeth.
- Everyone's teeth lighten differently, but your dentist will be able to advise you if you are suitable for whitening.

Example cases done for our patients a Claregate Dental:



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This case was combined with Invisalign treatment.

If you would like to find out more or [book an appointment](#), you can contact us via our [website](#) or use the contact details below.



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