



Emma Huffam's Teeth Whitening Journey at Sandown Dental

I'm a naturally smiley person – a smile is a curve that sets everything straight after all! And with summer approaching, us girls love nothing more than puckering up to boldly bright lip colour. But pairing an Americano-stained smile with summery shades is not a look I can pull off, so in the hope of retaining my sparkly whites, I embarked on a teeth-whitening journey.

Initially, I found myself reading horror stories online of teeth whitening gone very wrong. It's clear that having super white teeth has become commonplace and is as integral to a beauty routine as moisturising, but unfortunately many people take the risk of purchasing products online or in salons, where staff are not fully trained or legally allowed to offer the treatment. In order to achieve that bright smile without being left in permanent pain or doing serious damage to your teeth, it is imperative that you seek advice from a dental professional. Hence, I swiftly booked myself an appointment with Dentist, Dr Janice Brown, at Sandown Dental & Implant Clinic.

Janice recommended their bespoke home teeth whitening kit. This involves taking impressions of both the top and bottom teeth to make customised whitening trays, ensuring that they are comfortable to wear for any length of time.

I proceeded to pump Janice for info – 'would the whitening process hurt?', 'will it damage my teeth?', 'how white can I go?' Janice gave me the lowdown; this form of teeth whitening is much gentler compared to other well-known procedures such as veneers, as it doesn't involve permanently altering the tooth's structure. I have slight gum recession in some areas from over brushing (I received a thorough teeth and gum examination during my appointment), so Janice said it would be normal to expect some sensitivity, however this would fade. In terms of whiteness, that's usually down to personal preference. The kit supplies you with 10 syringes and as you only use a tiny amount of gel per tooth, the convenience of the home kit means I can top up my brightness when necessary. Putting my trust and teeth into Janice's expert hands, I decided to go ahead.

A follow up appointment was made to collect everything I needed a few days later and Janice demonstrated how much gel to use along with cleaning instructions for the trays. I was also provided with some Sensodyne toothpaste to aid any sensitivity. Feeling confident and on a mission, off I went to begin my teeth transformation.

Initially it can take between two to three weeks to reach your desired shade using the whitening trays daily. I noticed a big difference within a couple of days. The gel only needs two hours to work its wonders, so I used it in the evenings to fit around my busy work schedule. I've been so impressed with the results that in less than three weeks I'm happy with my new smile and no longer need to use the trays. The beauty of the home kit means that if my teeth need a lift in the coming months I've plenty of gel left to top up my smile.

Knowing that I've got my pearly whites back, but avoiding the risk of any damage to my teeth has left me feeling pretty pleased with myself. Now pass me that coral lippy, there's nothing else left to do but.... smile!

Sandown Dental & Implant Clinic is offering a **20% discount off** teeth whitening for IN! Magazine readers. **Quote 'IN! Magazine'** when booking. Ts and Cs apply. For more information visit www.sandowndental.com or call 02890 471070 or email info@sandowndental.com

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