

TREATMENT TRIED & TESTED

This month we discover whether Hollywood-white teeth in under an hour is really an option

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WHAT IS IT? SmileScription is a 45-minute teeth whitening treatment using hydrogen peroxide gel (hair bleach to you and me) and blue light. The bleaching gel breaks down into oxygen molecules, which break up the stains that block light within the teeth, allowing more light to pass through the teeth making them look brighter. High-intensity light directed at the teeth activates the process.

WHAT REALLY HAPPENS?

The appointment kicked off with a questionnaire to identify any existing problems, and after an explanation of the procedure I signed a consent form agreeing to have the treatment and avoid any coloured food or drink for 24 to 48 hours.

After settling into the chair my dentist popped a bib on explaining it could get a bit slobbery – attractive – and then placed a guard in my mouth between the teeth and lips to hold the lips away from the gel and allow the jaw to rest. Gauze rolls were tucked between my lips and gums to absorb any saliva and protect the gums from bleach, and finally a paper protector was placed over the surrounding skin to protect it from splashes. A green gel was then spread over my gums and an activator solution was spread over the teeth with a cotton bud. (Not all teeth are whitened as it's not particularly noticeable past the pre-molars.)

When the bleaching gel was applied I braced myself for the stinging sensation



I thought would accompany raw bleach being pasted on my teeth, but nothing happened. Not a thing. So I relaxed into my *Will and Grace* DVD, playing in very cool virtual-reality-style goggles, while the blue light was aimed directly at the teeth to work its whitening magic.

After 15 minutes the treatment was stopped and the gel removed to monitor the process. A fresh layer of activator and bleach was then applied. This was repeated after another 15 minutes. Depending on how shiny bright you want your gnashers you can go for a further 15 mins, or not. I went for it – *Will and Grace* were in full swing and I wanted to see how the show ended.

DID IT WORK? Absolutely. Forty-five minutes and a mouthwash later I was grappling for the mirror to discover my new smile. The result is pretty cool.

I was given a tooth-whitening pen to apply regularly to maintain the colour,

and the effect can last for up to three years depending on your diet (read: cut out the smokes and red wine).

WORST BIT: Zingers. And no, not of the burger variety. A zinger is caused when teeth dehydrate, putting pressure on the nerve resulting in über sensitivity, though this doesn't happen to everyone. A dollop of deactivating gel rubbed on the offending teeth sorts the problem within a few hours.

BEST BIT: The DVD. That, and my new found smile confidence.

Prices vary depending on clinic. At APT it usually costs £595 but they have a special offer of £299 for the next six months or £399 with three top-ups within the year. APT have various cosmetic treatments available and offices in Manchester, London and the Isle of Man. Check out www.ageperfectingtreatments.co.uk or call 08458 693 244 to arrange a consultation.

If you'd like us to try out a treatment to save you the time, energy and hard currency, mail the details of the treatment to Editorial@ScarletMagazine.co.uk and we'll report back to you.