



SALE DENTAL SPA

Teeth Whitening

Your guide to a brighter, healthier-looking smile

Reviewed by Dr Hamza Mirza, Clinical Lead · GDC 298973 · Last reviewed August 2026

Creating beautiful natural smiles since 2005

Teeth whitening treatment is a cosmetic dental procedure that makes your teeth look whiter and brighter by removing stains and discoloration from the surface of the teeth. It is usually done using special whitening gels that contain safe bleaching ingredients.

This treatment helps improve the appearance of teeth that have become yellow, stained, or dull from things like coffee, tea, red wine, smoking, or natural ageing.

Who are Teeth Whitening Right For?

The treatment is most effective on natural teeth and is ideal for our patients looking for a brighter smile without undergoing more extensive cosmetic dental procedures. Before treatment, a dentist should assess the patient's oral health to ensure whitening is appropriate.

Teeth whitening may not be suitable for our patients with untreated tooth decay, gum disease, severe tooth sensitivity, or certain types of internal tooth discolouration. It is also important to note that whitening treatments do not change the colour of crowns, veneers, bridges, or fillings.

Professional Teeth Whitening vs Store-Bought Whitening Products

Professional teeth whitening is carried out or supervised by one of our brilliant dentists and uses clinically approved whitening agents at higher concentrations than store bought products. This allows for more noticeable, predictable, and longer-lasting results. Our dentists can also adjust the treatment you need while monitoring for sensitivity and ensuring the teeth and gums are healthy before treatment.

Store-bought whitening products, such as whitening toothpastes, strips, gels, and mouthwashes, are available without a prescription and contain lower concentrations of whitening ingredients. While they can help reduce mild surface stains, results are generally less dramatic and may take longer to achieve.

How Long Does Teeth Whitening Last?

The results of professional teeth whitening typically last **between 6 months and 3 years**, depending on your lifestyle and oral hygiene habits. If you may be someone who smokes or regularly consume staining foods and drinks such as coffee, tea, red wine, and curry you may notice your teeth gradually darken sooner.

Maintaining good oral hygiene, attending our regular dental cleanings, and using top up whitening treatments as recommended by one of our dentists can help keep your smile brighter for longer.

How White Will My Teeth Go?

The level of whitening varies from person to person. Most of our patients can expect their teeth to become **several shades lighter**, but the result depends on the natural colour of their teeth, the type and severity of staining, and how their teeth respond to treatment.

Our dentist can usually improve the brightness of your teeth significantly, but whitening cannot create an artificial "paper-white" shade in every case. The aim is to achieve a

natural-looking, healthy white smile that complements your appearance. Teeth with yellow staining generally respond better to whitening than teeth with grey or brown discolouration, and existing crowns, veneers, and fillings will not whiten.

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Will Teeth Whitening Damage My Enamel?

When carried out correctly using clinically approved products, **teeth whitening does not damage tooth enamel**. Professional whitening treatments use carefully formulated peroxide-based whitening agents that work by breaking down stain molecules within the tooth, without removing or weakening the enamel itself.

Some of our patients experience **temporary tooth sensitivity** or mild gum irritation during or shortly after treatment. These effects are typically resolved within a few days. Your dentist can recommend adjustments or desensitising products if sensitivity occurs.

Following your dentist's instructions and avoiding excessive or repeated whitening beyond recommendations helps maintain both the appearance and health of your teeth.

Ready to Take the Next Step?

Ready to achieve a brighter, more confident smile? At Sale Dental Spa, we take the time to understand your goals, answer your questions, and recommend the whitening treatment that's right for you. Book your **complimentary smile consultation** today and let our experienced, friendly team help you discover just how transformative a professionally whitened smile can be. We look forward to welcoming you and helping you smile with confidence.

Good to know: teeth whitening is included as standard in our Smile Design Bonding and porcelain veneer packages, so if you are considering a bigger smile change, ask about those first.

What does it cost?

Prices are always current on our website at saledentalspa.co.uk/fees, and 0% finance options are available through our finance partner.

Better still: book a **free Smile Design consultation** and you will leave with a written plan and exact pricing for your own teeth, with nothing to pay for the consultation and no pressure to go ahead.



A real Sale Dental Spa whitening patient, treated at our practice. Shared with their kind permission.

Rated 4.8 from over 370 Google reviews

Ready when you are

Book a free Smile Design consultation and see what is possible before you decide anything.

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