



LCIAD Information sheet: 11

Lumiwhite Teeth Whitening information

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This information sheet contains generic information and must be read in conjunction with your personalised treatment plan, which gives specific advice.

1. General information



This form contains important information to help you make an informed decision about using Lumiwhite Teeth Whitening to whiten your teeth. Lumiwhite Teeth Whitening is a luxurious, professional, teeth whitening system developed by UK dentists. If you are unsure about anything, please speak to your provider. This may be your qualified and registered dental surgeon or their dental hygienist or dental therapist working to the prescription of your dental surgeon.

It is illegal in the UK for dental whitening to be carried out by someone who is not [registered with the General Dental Council](#) as a dental surgeon, hygienist or therapist.

2. How does it work?

Lumiwhite Teeth Whitening gels contain a special whitening agent called **carbamide peroxide**. When this agent is applied to your teeth, the whitening agent breaks down to release **hydrogen peroxide** and **urea** over several hours. Hydrogen peroxide whitens the teeth by breaking down and oxidising the large organic molecules that cause staining of the teeth. Lumiwhite Teeth Whitening is completely safe to use under the supervision of your dentist and will not damage your teeth or dental restorations in any way.

Lumiwhite gels are available in 6%, 10% and 16% strengths.

3. How long does it last?

Lumiwhite Teeth Whitening has been designed so the results can be long-lasting. We understand how important it is for you to maintain your new smile shade and therefore recommend discussing an appropriate whitening top-up programme with your provider to help you keep your teeth the way you like them. If you tend to have foods

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that stain your teeth (tea, coffee, red wine, curry, beetroot etc), then more frequent topping up may be required.

4. How white will my teeth become and how long will it take?

Whiter teeth are guaranteed. Lumiwhite Teeth Whitening has the potential to whiten your teeth by up to 16 tooth shades. Your teeth will become brighter and whiter after just a couple of days of using Lumiwhite Teeth Whitening. For optimal results, most patients will whiten their teeth for at least 3 weeks. In some cases where your teeth have intrinsic staining (e.g. due to tetracycline), prolonged whitening may be required, though your provider will be able to advise you regarding this.



5. Who is Lumiwhite tooth whitening suitable for?

Lumiwhite Teeth Whitening products may be used to treat a variety of cases including:

- Dietary stains that cannot be removed by thorough cleaning with the dental hygienist.
- Teeth that have yellowed due to ageing or smoking
- Tetracycline-stained teeth
- Yellow/ brown / dense white teeth with mottling due to fluorosis, also in conjunction with [Icon resin infiltration technique](#)
- Discoloured teeth due to calcific metamorphosis
- Whitening the base shade of teeth prior to composite bonding or porcelain veneers/crowns to improve optical properties of the underlying tooth structure.

Anyone who feels that they would benefit from having whiter teeth can safely use Lumiwhite – please ask your dental surgeon or hygienist/therapist.

6. Instructions for use

The first step before any whitening gel is used is to have a thorough cleaning with our hygienist so that there are no deposits on the teeth that may hamper the access of the whitening gel to the tooth surface. Clean teeth whiten better.

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Please refer to the back of the Lumiwhite Teeth Whitening packaging for instructions on how to use Lumiwhite Teeth Whitening. We will go over the technique of how to place and remove your custom-made whitening trays, load and clean them and how they should be applied to the teeth when we fit your whitening trays and dispense the gel for you.

Before starting, your custom-made whitening trays should be clean and dry without any deposits of previous gel.

You should apply small even blobs of gel about 2 to 3 mm in diameter to the inside surface of the outer façade of the whitening trays.

Dry your teeth with a towel or napkin.

The trays should then be seated gently over your teeth and seated by pressing onto the biting surfaces. Do not press from the outside as the gel will then be extruded out of the tray. It is important that the gel on the outer surface remains in contact with the whole surface area of each tooth.

If there is any excess around the periphery, just remove it with a wet finger. With practice, this excess volume should be minimal and just sufficient to ensure that the whole façade of the tray has gel in contact with the tooth surface.



We advise that you start your whitening with 1-2 hours exposure to the teeth per day for the first two days to assess any sensitivity. The whitening gel carries out its maximum effect within the first 4 hours but will continue working for up to 8 hours. The whitening trays can be worn overnight when your saliva flow is at a minimum for maximum effect.

After your whitening, you should wash your trays thoroughly in **cold** water and always keep them in the box provided when they are not in use.

If you tend to grind your teeth at night, the trays may wear through, tear or distraught and new trays may be required at periodic intervals at additional cost. We will have digital models of your teeth so this can be carried out quite easily.

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7. How many times will I be able to whiten with the gel?

A single 3ml Lumiwhite Teeth Whitening syringe contains enough teeth whitening gel to undergo 5 applications (i.e. 5 days). Therefore, a starter kit with five syringes should provide enough gel for 25 days of whitening. The number of applications may, however, differ depending on the size of your teeth and how your dentist has tailored their instructions for your specific case.

8. Is Lumiwhite teeth whitening safe?

Yes. Cosmetic products, such as Lumiwhite Teeth Whitening, are subject to EU-wide safety regulations. These EU requirements are implemented in the UK by the [Cosmetic Products Enforcement Regulations 2013](#) – also known as the EU Cosmetics Regulations.

Lumiwhite Teeth Whitening is safe to use under the supervision of a dental surgeon as long as you are not allergic to any of the ingredients and there are no other contraindications. Lumiwhite Teeth Whitening products are safe to use and have been formulated based on years of research. They have been passed by an EU assessor as safe to use and all products are registered into the Cosmetics Products Notification Portal (CPNP).

9. Who is Lumiwhite tooth whitening not suitable for

This is not an exhaustive list but Lumiwhite Teeth Whitening products are generally not recommended for:

- Pregnant or breastfeeding women. Whilst there is no direct evidence of any adverse effect of tooth whitening gel during pregnancy or breastfeeding, it is generally accepted that avoidance of whitening gels during this time is advisable.
- Patients who are not dentally fit or have sensitive teeth – i.e. have active decay, extensive and/or deficient dental restorations, extensive areas of gum recession with root exposure, periodontal (gum) disease or gum inflammation or other problems which may cause hypersensitivity during whitening. These issues must be addressed first and your dental surgeon will include this in your plan if you have any of these problems and still wish to whiten your teeth.
- Patients who want to whiten their crowns, veneers, fillings or dentures. Lumiwhite whitening gel will not have any effect on existing dental restorations but will whiten the teeth around and behind restorations wherever the gel can access. Therefore, whitening teeth that have extensive fillings may lead to the fillings appearing unsightly and requiring replacement. For such patients we will go over your choices and the advantages and disadvantages of whitening based on your individual case as part of your overall treatment plan that may also include changing of the restorations once the final tooth shade has been reached.



- Patients who are not willing to carry out the treatment as directed by their provider. Successful whitening depends on maintaining a high level of dental hygiene, wearing your whitening trays with the gels correctly for the required period of time and avoiding high colour food during the whitening process for maximum effect.
- Younger children who may find it difficult to wear whitening trays under supervision or who may tend to swallow the gel. However, if a child has particularly discoloured teeth that may lead to them being teased at school for example and will benefit from whitening, we will of course consider providing this treatment on a case-by-case basis at the discretion of your dental surgeon.

10. What are the risks involved with use of Lumiwhite tooth whitening gels?

Tooth sensitivity

The most common side effect of tooth whitening is tooth sensitivity. The cause of sensitivity is actually due to fluid movement within the tooth from dehydration of the tooth structure and not due to direct irritation of the nerve by the whitening gel.

The whitening gel draws water out of the tooth and replaces it with the carbamide peroxide molecule. The result is that the teeth can feel "on edge" and be more sensitive to temperature or cold air during the period of whitening.

This dehydration will also give the teeth a slightly white frosty appearance during the whitening process which will resolve after the tooth is allowed to rehydrate at the end of whitening. This rehydration process can take up to a couple of weeks before the teeth reach their final shade. At this point any sensitivity should have completely disappeared.

The sensitivity is dose-related - the higher the concentration of whitening gel used in the longer it is applied for, the greater the tooth sensitivity is likely to be.

However, Lumiwhite Tooth Whitening gel contains potassium nitrate and sodium fluoride, both ingredients that are well established in the treatment of tooth sensitivity in toothpastes which should minimise any sensitivity.

The duration of wear and the concentration of whitening gel used should be balanced against any feelings of sensitivity from the teeth. It is possible to whiten teeth fully by less frequent and lower concentration application of gel. The same result will take longer but will be more comfortable for those with particularly sensitive teeth.

It is best to therefore try whitening for a short period of a couple of hours first to see your reaction to the whitening gel. If you do experience sensitivity then please discuss this with your dental surgeon's or hygienist who will be able to recommend the sensitising agents and may drop the concentration of whitening gel provided for you for your comfort.



Gum inflammation

Prolonged contact between high concentration whitening gels and the gum can lead to irritation and soreness at the gumline. This is self-limiting and will resolve when the whitening is stopped.

Our whitening trays are designed to minimise the contact of the whitening gel with the soft tissues of the gums but contact will invariably occur.

If this becomes a problem, then less frequent whitening with a lower concentration gel is likely to resolve the issue.

Relapse

As mentioned above, if you tend to drink lots of tea, coffee, red wine, eat curries or other highly colour intensive foods or smoke, whitening will tend to take longer and tend to relapse quicker.

When the teeth rehydrate at the end of whitening, any water-soluble chromogens (molecules that give colour) can be incorporated back into the substance of the tooth and therefore lead to re-staining.

It is therefore advisable that during whitening and for a couple of weeks after, you try to avoid the above foods and drinks and refrain from smoking for maximum effect.

You may continue to use your whitening trays to top up your whitening for a night or two every few weeks if you wish to maintain the result.

Over-whitening

Whitening will increase the value of your tooth brightness (i.e. if you don a black-and-white television, the teeth will go further towards the white and be brighter).

However, over whitening for many months can lead to the teeth starting to then become grey and slightly blue lilac tinged, pushing the value back towards the grey end of the spectrum.

It is therefore not recommended for you to over-whiten or widen for very long periods in excess of two months.

We can take comparison photographs during the whitening process to gauge the effectiveness of the whitening and advise you to stop if we feel that over whitening is occurring.

We reserve the right to limit the number of whitening gels sold to an individual patient if we feel that excessive amounts of being used.



Root resorption

Root resorption is a rare finding where teeth have been root canal treated and bleached internally by high concentration whitening gel.

This is a process by which the body's own cells start eating away at the tooth root from the outside. It is not known whether it is a result of trauma to a tooth that damages the ligament of the tooth or the act of the whitening gel inside the tooth that causes the resorption.

This is not something that is seen with routine external whitening and tends to occur rarely in cases where root canal treated teeth have been internally whitened.

Your dental surgeon will go over the advantages and disadvantages of this method if it is applicable to your case before you decide to proceed.

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