

Brighten Your Smile This Ramadan – 20% off Teeth Whitening at Markham Gateway Dentistry



Scarborough, Ontario Mar 4, 2026 ([IssueWire.com](https://www.issuewire.com)) - This Ramadan, refresh your confidence with a brighter, whiter smile at **Markham Gateway Dentistry**. We're pleased to offer an exclusive 20% discount on our professional teeth whitening treatments for a limited time. Whether you're preparing for family gatherings, community events, or Eid celebrations, our safe and effective whitening solutions can help you look and feel your best.

What is teeth whitening?

Teeth whitening is a cosmetic dental procedure that improves the shade of teeth. It is an easy treatment that can make your smile fit and brighter in a safe manner. When teeth whitening items are applied, your dental enamel gradually whitens in shade. This process is generally short-term, and touch-ups may be required after a few months or years depending on the teeth type whitening treatment performed.

Is teeth whitening safe?

This is a vital factor to consider when deciding on teeth whitening treatment.

According to the ADA, teeth whitening is safe. The safest teeth whitening techniques are those administered by a dental expert. If buying-over-the-counter whitening products, it is vital to pick those with the ADA Seal of Acceptance, which confirms that the item was tested for safety and efficacy by researchers.

Things to consider

Lots of people can have their teeth whitened, but it is not perfect for every person. Your dentist can let you know whether or not you are eligible for expert teeth whitening during your primary consultation. But you might find it supportive to know that teeth whitening:

- Only works on natural teeth, and would not whiten your bridges, fillings, dentures, veneers, crowns, or composite bonding.
- Can only be done on fit teeth and gums, free from decay or gum disease
- Is not perfect if you are under 18, breastfeeding or pregnant.
- Can lighten your teeth many shades from your existing colour, but if you want very white teeth, crowns or veneers might be the only way to achieve this.

The procedure

When your trays are ready, your dentist near me will invite you for another appointment.

Teeth whitening in practice

If your dentist is carrying out your teeth whitening at the practice, they will begin by placing a shield over your gums to save them. Then they will apply the whitening gel to your teeth for fifteen minutes at a time, and do this 4 times. They may also use a unique light to activate it. Your appointment could take anything up to 2.5 hours, in which time your teeth can go up to 6 shades lighter. Your dentist may also provide you a top-up kit to take home, you will need to use for about a week.

Teeth whitening at home

If you are opted to whiten your teeth at house, you will need to return to the practice to collect your teeth whitening kit. Your dentist will ensure your trays fit comfortably, show you how to use them and let you know how long to wear them for, it can take up to six weeks to achieve the shade of white you are looking for.

After care for teeth whitening

Your teeth might feel more sensitive, after the procedure. This should settle down after a couple of days, but if it does not, let your dentist know. They can let you know which toothpaste and items can help.

Expert teeth whitening can last for a few years, mainly if you take best care of your teeth. You can also go-up your whiter smile at home using your kit your dentist gave you. it may also help your results if you:

- Brush your teeth twice a day to help stop stains building up
- Cut back on teeth-staining foods like red wine and coffee.
- Visit Markham Gateway Dentistry regularly for a through clean.
- Stop smoking if you need to.

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