

# TOOTH WHITENING

For a dazzling smile

## WHAT IS TOOTH WHITENING?

Tooth whitening is a highly effective way of lightening the natural colour of your teeth without removing any of the tooth surface. It cannot make a complete colour change; but it does lighten the existing colour shade. Tooth whitening is one of the easiest cosmetic treatments and can give a fantastic result in a short period of time. Tooth whitening penetrates deep into the enamel surface of your teeth and brings back a youthful bright look without any damage to your teeth.



## WHY WOULD I NEED MY TEETH WHITENED?

There are a number of reasons why you might get your teeth whitened. Everyone is different and just as our hair and skin varies, so does our teeth. Very few people have brilliant white teeth, and our teeth can become more discoloured as we age.

Your teeth can become stained on the surface through food and drinks such as tea, coffee, red wine and black currant juices. Smoking can also stain teeth.

Calculus or tartar can also affect the colour of teeth. Some people may have staining under the surface which can be caused by certain antibiotics or tiny cracks in the teeth which take up stains.

## WHAT DOES TOOTH WHITENING INVOLVE?

We will take an impression of your teeth so that we can custom-make a thin mouthguard for you. This mouthguard is lightweight so you can comfortably wear it while you are awake or asleep. Along with the mouthguard you will receive a whitening gel. This gel is evenly placed in the mouthguard when you wear it.

The mouthguard is worn for an hour a day. It doesn't matter if your life is hectic and you don't manage to do this everyday. Your teeth can be whitened when it fits your schedule...it just takes longer.



## HOW LONG DOES THIS TAKE?

Whitening your teeth to the point where there is a considerable and noticeable difference usually takes around three weeks. If you are younger then it may happen quicker. If your teeth are very discoloured to begin with, then it may take longer for you to achieve the best result.



### DO YOU DO LASER BLEACHING?

Yes we do!! There are techniques to whiten teeth quickly – sometimes referred to as laser bleaching or power bleaching. For best results we recommend follow up with the thin trays we described earlier at home. You can then top up as needed! This type of tooth whitening requires special equipment and longer appointment times at the dental practice.



### WHAT ARE THE SIDE EFFECTS?

Some people find that their teeth become more sensitive to cold during treatment. This is temporary and should cease within a few days of finishing treatment. We suggest using a product called Tooth Mousse prior to whitening to help prevent this. If you do get sensitivity then you can take the whitening more slowly by wearing the trays for a shorter time or less frequently. This just takes longer to achieve the desired result. However if your teeth are normally very sensitive, then you are probably best to avoid tooth whitening.



### WHEN MIGHT TOOTH WHITENING NOT WORK?

Tooth whitening lightens the existing colour of your teeth. It works best on yellow or brown teeth rather than grey teeth. It only works on natural teeth and does not alter the colour of fillings, crowns, veneers or dentures. This needs to be taken into account as old fillings may need to be replaced after treatment if they are discoloured and spoil the result. We will advise you of this prior to starting treatment.



### CAN A SINGLE TOOTH THAT HAS BEEN ROOT FILLED BE WHITENED?

Sometimes. Many dead teeth become discoloured after a root filling. If the tooth has been root treated, the canal (which previously contained the nerve) may be re-opened. The whitening product is applied working from the inside to whiten the tooth.



### WHAT ABOUT OVER THE COUNTER HOME KITS OR WHITENING TOOTHPASTES?

Over the counter products only contain a small concentration of the whitening product (hydrogen peroxide) - about 0.1%. Effective whitening products need to have about 3.6%. So although the over the counter products may be cheap, they will not noticeably whiten your teeth.

Also, some products contain mild acids and others are abrasive. This can cause mouth ulcers and damage your teeth and gums.

Whitening toothpastes may help to remove stains and help the whitening effect to last but again, the active ingredient is so weak and in contact with your teeth for such a short period of time, they will not actually lighten the colour of your teeth.



“one of the easiest cosmetic treatments can give a fantastic result in a short period of time.”

### HOW CAN I LOOK AFTER MY TEETH ONCE THEY HAVE BEEN WHITENED?

Cutting down on the amount of food and drink that can stain teeth will help keep your teeth white. Don't forget that quitting smoking can also help prevent discolouration and staining.

When the whitening process is finished you can keep your teeth white by whitening them occasionally for a short time. Top ups such as this do not take long. When you have finished the whitening you will most likely have some gel left for future top ups, otherwise we can provide more at any time as long as you have not lost your trays.



Here at Diamond Dental Care & Implant Centre, we use Pola Office whitening 37.5% Hydrogen Peroxide and 9.5% Hydrogen Peroxide take home kits.



Pola Office+ 37.5% Hydrogen Peroxide



Pola Day 9.5% Hydrogen Peroxide

Diamond Dental Care & Implant Centre is dedicated to promoting a high standard of quality in both dentistry and customer care. We have created a relaxed and inviting environment for you to visit and a comfortable and enjoyable workplace for us to work in.

Our priority is to achieve and maintain your dental health. We take great care in helping you understand any treatment in terms of benefit to you as well as time and costs involved.

If there is anything that you wish to discuss with us, please call us on (07) 5477 0889. Alternatively you can send us a question by email [info@diamonddentalcare.com.au](mailto:info@diamonddentalcare.com.au) at any time.

We look forward to seeing you!

