

IS IT SAFE?

Peroxide has been used to whiten teeth for many decades and extensive research has been conducted to ensure whitening products are safe for your teeth, gums and surrounding tissue.

WILL IT HURT?

For the majority of patients teeth whitening is a comfortable procedure. Some people may experience slight sensitivity to hot and cold that usually subsides several hours after the treatment is completed. In some rare cases patients may experience a dull aching sensation that can be treated with a simple analgesic. Your dentist may be able to identify and treat factors that may predispose you to sensitivity.

DOES IT WORK ON CAPS, CROWNS OR VENEERS?

Whitening treatments will only work on natural tooth enamel. It will not change the colour of porcelain fillings, crowns, bridges or veneers. If you are planning on having these restorative procedures done we strongly recommend that you complete your whitening treatment beforehand so that the colour of your restorations can be precisely matched with your new, whiter smile.

WHAT IS THE BEST POST-TREATMENT CARE?

Regular brushing and flossing as well as routine maintenance visits will ensure that your new smile will keep you looking good for years. Whitening toothpastes may also be used to slow down the rate of discolouration following professional whitening.

If you would like to know more about whitening and what we can do to help you, please contact us for further information.



p. 9420 5050
w. www.appledental.com.au
e. admin@appledental.com.au

1 Finlayson Street
(Cnr of Rosenthal Ave)
Lane Cove
NSW 2066

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Teeth Whitening

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WHAT IS TEETH WHITENING? HOW IS IT DONE?

Teeth whitening is a process that lightens stains and discolouration in your teeth through the use of a formulated gel which is often activated by light. One-hour whitening is completed in the dental chair and can lighten your teeth significantly in a short time. Peroxide gel is applied to your teeth and an intense light is directed onto them under the supervision of a dentist. The gel reacts to the light causing the stains to dissolve and your teeth to become lighter.

You can also whiten your teeth in the comfort of your own home by using a take-home whitening kit. The kits come complete with the whitening gel and custom-made trays. Before you take your whitening kit home your dentist will give you complete instructions. Take-home whitening is generally applied overnight. The whitening gel works in the same way as the one-hour whitening, however the process takes longer as no light is used to facilitate the process and the gel is less concentrated.

The most common procedure is a combination of one-hour whitening followed by three nights of take-home whitening. The advantage is rapid initial whitening, followed by a shorter period of home whitening which increases the initial result and ensures a longer lasting effect.



BEFORE



AFTER

WHAT CAUSES DISCOLOURATION?

Food and drinks such as tea, coffee, red wine, coloured lollies, colourful sauces, cakes, biscuits and beetroot, along with smoking, can all contribute to tooth discolouration. We advise that you avoid smoking and the types of food and drinks that cause discolouration while undergoing your treatment in order to ensure you achieve the best possible results.

HOW LONG BEFORE I SEE RESULTS?

One-hour whitening is popular because we are able to lighten teeth significantly in a short time. While the take-home treatment is slower we typically find that there is a noticeable change after 3 or 4 applications, however it can take up to fourteen days to see major changes.

HOW LONG WILL THE TREATMENT LAST?

In general we find that one-hour whitening will last in excess of two years, however if combined with three nights of take-home whitening the results last indefinitely. The longevity of your treatment will be affected by your maintenance regime. Regular brushing, flossing, professional hygiene treatment and lower consumption of tooth staining products will ensure that your teeth stay whiter for longer. Teeth can always be touched up at any time using your take-home trays and additional gel, which we can supply.

