

Tooth Whitening

all about whiter teeth

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Tooth whitening is an increasingly popular procedure— but it's not for everyone. Here's a checklist to help you decide.

Tooth whitening may not be suitable if:

- You have many older restorations (dental fillings) especially in your front teeth, that you would not consider changing—whitening won't change the colour of fillings or existing crowns or veneers (darker restorations would require replacement to obtain an even aesthetic effect)
- You have gum disease
- You have exposed root surfaces
- You have very sensitive teeth (although there are other options to manage this)
- The reason for discolouration is that you have cavities in your teeth

Tooth Whitening works best on clean teeth, so having a professional prophylaxis (scaling, cleaning and polishing) before whitening is essential—see over

Whitening takes about 30 minutes a day over two or three weeks while you're sleeping, walking or watching TV.

Because you can monitor any changes yourself day by day, you

have a lot of control over the process.

Take-Home whitening uses a specially-formulated professional whitening gel bleach inside small flexible 'trays' (like mouthguards). The tray stops the gel from irritating soft tissues in your mouth (that's why whitening gels from the Internet applied directly to your teeth isn't such a great idea). The tray also contains the gel so it works more effectively for you.

Item numbers for tooth whitening: 072, 2 x 926, 119, 927

Tooth Whitening — \$420

Tooth Whitening

Frequently Asked Questions

Q: What's involved in tooth whitening?

A: It's absolutely essential to have clean teeth, with no cavities or other problems.

Plaque removal only: add \$90 (item 111)

Calculus removal: add \$227 (item 114)

We'll obtain impressions and construct individual trays and show you how to apply the gel. Photographs will help track your progress.

Q: What if I have cavities?

A: If we notice you have cavities, and you're an established patient in our office, we'll recommend you have them restored prior to whitening. If you're not an established patient, we'll offer an examination. Details of our initial examination procedure are in our brochure, *Practice Information*.

Q: How do I know if it will work?

A: We can't guarantee whitening will work for you—there's no known way to ensure good results, unfortunately.

Q: What if I have sensitive teeth?

A: Some people have recession or other reasons for sensitivity.

Whitening can induce more sensitivity, but there are some ways to manage this.

- Whiten every *second* day
- *Alternate* the gel bleach with desensitizing creme ("Tooth Mousse™"; \$35 per tube)
- Consider other desensitizing strategies: please ask us, or book a consultation for a detailed assessment.

Q: What about in-office whitening?

A: We tried 'In-office', but for many adults, it hurts too much, costs too much, and works exactly the same as 'take-home'. So we **do not** recomend it.

To make an
appointment call

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