



Tooth Whitening

Tooth whitening is a safe, cost effective and proven treatment used to lighten the colour of teeth. It is important that your mouth is healthy prior to whitening as it may lead to worsening conditions if any are present. All whitening agents used will only work on natural tooth structure. This means that all dental work including veneers, crowns, bridges and resin fillings will NOT bleach or whiten. This needs to be factored into your overall treatment plan.

In Chair Whitening



This procedure is done in the dental chair by the dentist. A gel is applied to protect the oral tissues then a whitening agent, usually Carbamide Peroxide, is applied to the teeth and left for 20 minutes. The whitening agent is removed and the process is repeated another 2 or 3 times as necessary. The procedure takes 60 – 90 minutes in total.

At Home Whitening

An impression of your teeth is taken and models are made and used to construct thin clear trays. A small amount of whitening gel is placed into the reservoir of the tray and this is worn for 30 minutes to 3 hours depending on the recommendation by the dentist. This is done nightly until the desired level of lightening has been achieved – usually 10 – 14 days.



Side Effects

Whitening gels may cause some degree of tooth sensitivity during the whitening process. This is normal, especially for those patients whose teeth are already sensitive to thermal changes. If your teeth and or gums become sensitive during the whitening process, discontinue use for a few days. The use of a desensitising toothpaste or topical cream like Tooth Mousse will help.

How long will it take and how long will it last?



The majority of people whiten within 1-3 weeks. It is recommended to maintain your new shade, to whiten every 6-9 months with 1 – 2 application of whitening gel. This will depend greatly on your oral habits. You will keep the custom trays and obtain new tubes of gel from your dentist to repeat the whitening. The trays will continue to fit your mouth for many years in most cases.