



**FirstBite**  
DENTAL

309 Keilor Road, North Essendon, Victoria 3041

# Whitening

Most people want a whiter, brighter smile. Unfortunately, no toothpaste by itself can guarantee a whiter smile, they only remove external stains. That's why we're pleased to offer our patients a safe, cost effective way of getting a whiter, better smile in the shortest possible time, using a technique known as **cosmetic whitening**.

Enamel stains or discoloration, trauma to baby teeth, which has stained permanent teeth and a general discoloured pattern in teeth, can all benefit from whitening. Whitening can also be the next step prior to cosmetic treatment to provide a uniform appearance.

This **cosmetic whitening** process makes it easy to whiten the teeth. First, you come for an examination to make sure there are no restoration problems and to make sure that bleaching is appropriate for you. Then we'll examine your mouth, and take any necessary x-rays, for safety's sake.

## How is it done?

### At home whitening: Cost \$400

The whitening gel is applied to your teeth by a whitening tray (a thin plastic flexible mouth guard) so only the teeth to be whitened are covered by the gel. We measure your mouth and take an impression of your upper and lower teeth. This impression will be used to make a whitening tray to specially fit your mouth exactly. This usually takes about a week to make. When the tray is complete, you'll come back for instructions and supplies.

We will show you how to use the gel and to apply it correctly. We usually advise wearing them for a period of half an hour to one hour at a time, once to twice a day, over a two-week period. You can choose the type of whitening that best suits your lifestyle. Whitening results usually last a long time, but will gradually fade, therefore we usually recommend a 6 or 12 monthly "touch up" treatment of 1 - 2 days duration. Your mouth is unlikely to change and so your trays will still fit. Should you run out of whitening we can sell you a top up tube if needed.





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## **In office whitening: Now Cost's \$695 (Normally \$900)**

Some people desire a faster result, in which case you can do an in office whitening. It takes about one hour of your time in the dentists' chair to lighten your teeth one or two shades. You will get a complimentary take home whitening kit with a custom made tray. For best long term results we recommend you follow up with an at home whitening routine.

### **Are there any side effects?**

The whitening gel we use has been proven to be a safe and effective treatment. It does not damage or weaken the enamel of teeth.

Some patients may experience a temporary increase in teeth sensitivity, although the gel concentration we use makes this unlikely. Should it occur we suggest stopping the whitening process for 1 -2 days to give your teeth a rest, then continue the process.

Gum irritation may also occur, especially if you have gingivitis and bleeding gums to start with. For this reason we recommend a thorough teeth and gum cleaning prior to commencing the whitening process. This also helps to remove any stains from your teeth and thus makes the whitening more effective.

Whitening will change the colour of your teeth, but will not change the colour of your fillings. For this reason, after your teeth have been satisfactorily whitened it may be necessary to replace some old fillings to better match the colour of your teeth.

Severe tetracycline stains may not improve enough and an alternative treatment procedure such as porcelain veneers may be required. Grey or bluish teeth and striated or splotch teeth are more difficult to whiten as well.

