

Teeth Whitening

Your teeth play a major role in your appearance. One thing that stands out more than beautiful white teeth is discoloured teeth.

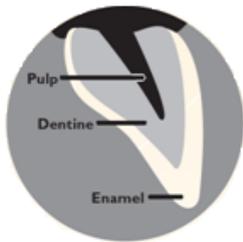
What is tooth whitening?

It is a bleaching process that brightens discolourations of the enamel and dentine. The system uses a mild solution retained in a custom fitted tray that is worn over your teeth.

What causes teeth to discolour?

Teeth discolour from the inside and also on the surface for a number of reasons:

- **Pulp** (Nerve of the tooth)
- **Dentine** (Inside mass of tooth)
Internal discolouration occurs from aging, smoking, medications, trauma, coffee/tea and red wine. Can be removed with tooth whitening.
- **Enamel** (Outside layer of the tooth)
External discolouration from poor oral hygiene, diet and smoking can be removed by professional cleaning and polishing.



Who may benefit from tooth whitening?

Almost anyone. However, there are some cases where the treatment may not be effective. We will be able to let you know during your examination.

Cannon Hill Dental tooth whitening is ideal for patients who have healthy, unrestored teeth and would like to have a whiter, brighter smile. It is also great for older people who want that fresh, youthful look with minimum effort.

How does it work?

The gel is placed in a thin custom made tray that fits over your teeth. As peroxide, the active ingredient in the gel is broken down, oxygen enters the enamel and dentine and bleaches the coloured substance. Only the tooth colour

is made lighter while the structure of the teeth is unchanged. It does not change the colour of any restorations or crowns present. If you do have restorative/crown work to be done that is in visible areas it is advised you whiten your teeth before so that restorations or crowns can be best matched in colour.

Are there any side effects?

Some people may have episodes of tooth sensitivity during treatment. At Cannon Hill Dental we give you a complimentary tube of Tooth Mousse. It is advised to use this high calcium toothpaste for regular brushing in the weeks prior to you starting your whitening treatment as well as during. This will help to reduce sensitivity. Generally sensitivity is mild and will stop when treatment is completed.

How long does it take?

That depends on the types of discolouration of your teeth. It may take only 3 to 5 days to lighten your teeth or it may take several weeks. Faster results may be obtained by having a in surgery boost treatment before starting your at home treatment. This requires you to come into the surgery and we will place a higher strength gel in your custom made tray and you will wear it for 45-60mins.

How long do the results last?

The teeth will always be lighter than they were. However, some patients may want to "touch up" their teeth by re-whitening for one or two days, usually once or twice a year. This is especially useful if patients continue to use staining substances such as caffeine or tobacco products. You can purchase gel refills from us for the cost price plus GST.

Procedure



Have an impression of your teeth taken



Have your teeth professionally cleaned to remove surface discolouration



Brush your teeth with Tooth Mousse for 1-2wks prior to whitening



When you come to collect your whitening kit we will take a shade of your teeth to compare to later



We will give you your whitening kit and homecare instructions