

Whitening Your Teeth

Everyone wishes that they had whiter teeth, but not everyone has pure white teeth and they usually yellow with age. However, whitening of the teeth by a few shades can be achieved using a bleaching technique. Simple yet effective, it is safe to use and is carried out at home.

Method

The dentist takes an impression of the mouth and from this, a special mouth guard is made to precisely fit the teeth. A total of two appointments are required. At home the teeth are thoroughly flossed and cleaned prior to use. A small amount of the bleach is squeezed into the mouth guard and this is then worn for 30 minutes. Initial results will begin to show after 3-5 days. The top teeth are usually treated first and the lowers used as a control so that progress can be monitored. However, there is no problem whitening upper and lower teeth simultaneously.

Duration of Treatment

2 - 3 weeks, but may require longer depending on initial colour.

Advantages

- Relatively inexpensive, compared to other dental treatment.
- A percentage of this fee can be claimed back from private health funds.
- Can be used anytime.
- No drilling required.
- Mild non acidic bleaching action.

Disadvantages

- Success varies.
- Does not work with extreme discolouration.
- Temporary sensitivity of the teeth during treatment.
- Discoloured fillings may need to be replaced after the whitening process is completed.

Life Expectancy

Indefinite, although after a few years, the age discolouration process will re-occur. Can be easily "touched up"

Instructions for use

1. Brush your teeth to remove all the plaque and food debris.
2. Place the required amount of whitening agent into the tray and insert the tray.
3. Remove the excess material with a face-cloth or clean handkerchief.
4. Wear for 30 minutes only.
5. Upon removal rinse tray clean with cold water and allow to dry.