

Tooth Whitening Information



How does tooth whitening work?

Professional tooth whitening usually uses either 10% or 16% carbide peroxide gel to lighten the colour of your teeth. Your Dentist will make a special tray to fit your mouth and you'll need to fit the tray with gel and wear it overnight - or for at least 3 hours at a time for 10-14 days. Results will notice from about 4-10 days, although it may take longer in certain circumstances.

This type of procedure is completely non-invasive, unlike some more traditional forms of tooth whitening, which can result in the removal of some tooth tissue.

What to expect

Most people enjoy significantly whiter teeth after treatment, but there's no guarantee as to just how white your teeth will get. Older teeth can be more resistant to whitening and a longer course of treatment could be required. About 1 to 3 years after your whitening treatment, your teeth will still show approximately 75% of the original improvement. It's easy to keep your teeth white using your original tray and a mini kit.

Are there any risks?

Complications resulting from professional tooth whitening are rare and usually very minor. These are the possible side effects, but talk to your dentist about any specific concerns:

- When whitening gel comes into contact with your gums, lips or cheeks, it can cause inflammation. Your custom tray is precision made to fit your teeth and minimise this risk, but it can still occur. Irritation is mild and doesn't usually last for long. Rinse your mouth with warm salty water to help relieve symptoms.
- Tooth sensitivity is normal and, if your teeth aren't usually sensitive, you may experience mild sensitivity. If you have sensitive teeth already, you might need a mild analgesic to ease any increased discomfort.
- If you have any caps, crowns, veneers or composites, they may not match the new lighter shade of your teeth and might need to be replaced.
- Because tooth whitening gel is only intended for the outside of your teeth, it can cause pain or discomfort if it gets into any cavities or leaking fillings.