



Teeth Whitening – A Brighter, Whiter Smile!

Teeth Whitening is done to improve the appearance and attractiveness of teeth through lightening their colour. It can remove extrinsic stains and discolouration (stains and discolouration on the tooth surface) such as those caused by tobacco, alcohol, coffee, tea, red wine and mouth rinses. It can also remove intrinsic stains and discolouration (stains and discolouration embedded in tooth mineral) such as those caused by trauma, medications, aging and loss of tooth vitality.

A whitening agent is used to dissolve and decolourise extrinsic and intrinsic stains and discolouration through the release of oxygen. The whitening agent used is a safe whitening agent that naturally occurs in the body in low concentrations.

There are 2 main options available that are safe and effective – Professionally-Guided Take-Home Teeth Whitening and In-Office Power Teeth Whitening.

Professionally-Guided Take-Home Teeth Whitening is where low concentration whitening agent is worn in custom-fit trays over the teeth at home while you sleep or approximately 1 hour a day to give whiter teeth slowly over 2 weeks.

In-Office or In-Chair Power Teeth Whitening is where high concentration whitening agent is placed directly on the teeth in the surgery and activated with a special light to give whiter teeth immediately. This method gives the best result as it is controlled by the dentist.

The only side effect of tooth whitening when it is done properly is the occasional occurrence of tooth sensitivity during the whitening treatment. It is usually mild, short lived and ceases on termination of the treatment. Precautions are taken to minimize the occurrence of tooth sensitivity with the inclusion of anti-sensitivity and tooth strengthening products in the whitening agent.

Tooth whitening should occur before any restorative dental work like fillings and crowns if the colour of the natural teeth is not desired. Fillings and crowns can be matched to the colour of the whitened teeth very easily but it is very difficult to match tooth whitening to existing fillings and crowns as they do not whiten.



SDI Pola and Philips Zoom! – Leaders in Teeth Whitening

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To keep up with our desire for whiter teeth, there are many teeth whitening products available. However, you should be very careful about what you place on your teeth or who you allow to do this. Dentists are the only ones qualified to assess and determine if your teeth are suitable for teeth whitening. Over the counter teeth whitening products and untrained operators offering teeth whitening treatments have been the cause of much publicised whitening-associated teeth and gum damage. If you are serious about getting whiter teeth, please discuss with your dentist whether tooth whitening is suitable for you and which systems are best for your situation.

At Central Brisbane Dental, we use SDI's Pola Night as our take-home whitening system because it is safe to use during the day as well as overnight. Pola Night whitening gels are high viscosity and are neutral in pH to ensure greatest patient comfort during use in custom made trays. The gels contain soothers and conditioners with a high water content to help reduce the risk of sensitivity and include fluoride to remineralise the teeth.

Before



After



pola

SDI

Before



After



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PHILIPS ZOOM!

Central Brisbane Dental chooses to use the famous Philips Zoom! system for our in-office whitening because it gives the whitest teeth in the safest possible way. Besides clinically proven to whiten teeth up to 8 shades lighter, the Philips Zoom! in-office whitening system also contains ACP (amorphous calcium phosphate), which is clinically proven to reduce sensitivity, protect enamel and improve the luster and smoothness of your teeth.

