

# Tooth whitening

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*Bowman*  
D E N T A L



### What is tooth whitening?

Tooth whitening or bleaching of undamaged teeth is one of the most common cosmetic dental treatments carried out in general dental practice. It has been used in the United States of America for over 20 years and in Australia for over 10 years.

We are often asked if tooth whitening is safe and the short answer is yes it is; current research findings have not identified any significant medical or dental risks associated with the use of tooth whitening products used by dentists. However, we have some concerns with smokers using whitening products due to possible interactions with carcinogens in tobacco products.

It is important to note that tooth sensitivity can be a problem for some people during a course of tooth whitening. However, we have found that we can minimise or completely avoid such sensitivity in most patients through the use of a topical calcium cream known as GC Tooth Mousse.

### How long will it last?

In our experience you can usually expect at least two years of noticeable improvement from tooth whitening, although some independent research has indicated the effect can last up to six years. We find that after two years most clients wish to have the treatment repeated to regain that gleaming white smile. It is important to note that existing fillings, including porcelain crowns and veneers, cannot be bleached.



Bleaching can be effective in treating some stained or discoloured teeth

### What is involved in the procedure?

Today, whitening can be done in-office or at-home. It has been our experience that clients prefer to use the at-home bleaching method.

We do our utmost to make the at-home method as effective and as simple as possible for you by making you a set of custom-fitted bleaching trays that can be used time and time again to whiten your smile. All you need to do is add some whitening gel and wear the trays for about an hour a day until you achieve the whitening you desire.

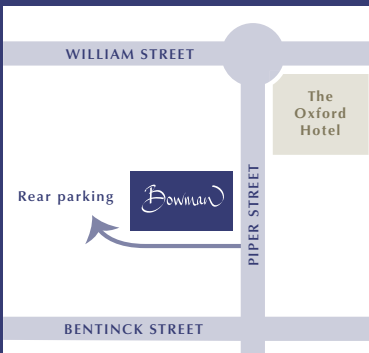


*This card is designed purely as an introduction to tooth whitening. It is not intended to replace advice from a dental professional.*

*If you have any questions please feel free to talk to us in person.*

*We also have pamphlets containing more detailed information on this subject.*

*Kathy & team*



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