

What are the different teeth whitening options are available at Smile Solutions? - Smile Solutions

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Details:

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What are the different teeth whitening options are available at Smile Solutions? Teeth whitening at the dentist is becoming increasingly common, effective, affordable and, most importantly, safe. Compared to whitening products that can be purchased off the supermarket shelf or at your local chemist, the products used at the dentist are of a significantly higher strength and potency and are designed to maximise contact with your teeth, in order to achieve a more desirable shade. Following a thorough check up and clean at Smile Solutions the choice of which whitening approach to be undertaken depends on the causes of your teeth staining (smoking versus antibiotic staining), time-frame for achieving your results, and your budget. At Smile Solutions, we have more than 15 years' experience in teeth whitening. We principally use three different whitening procedures to give you a whiter smile – the choice is yours based on your expectations and time constraints.

What whitening options are available at Smile Solutions? The whitening choices offered to you at Smile Solutions can be divided into two categories: In-Chair; One Hour Treatment – providing immediate results Take Home; 10 Day Treatment – allowing patients to whiten their teeth over a short period of time in their own home.

In-chair whitening In-chair whitening involves the use of a high strength peroxide, activated by shining a special light, and is completed within one hour. It is ideal for time poor patients or patients with an impending event who require a fast result.

Zoom The most popular in-chair whitening procedure is the Zoom teeth whitening. Zoom whitening is performed in our practice in a 60 minute procedure. It produces an immediate improvement in the colour and whiteness of your teeth. Zoom is an effective in-office whitening procedure, but we find that some people will need to continue whitening at home using the Day White maintenance system. Zoom uses a combination of its patented whitening gel and the unique "Zoom" light.

At-home whitening The poloday and polanight system is a self-application home whitening method utilising a safe, mild gel worn in custom-made trays for a period of 10-14 days. It is simple, and the results are very worthwhile. We supply you with enough whitening gel for your initial application and a number of subsequent maintenance applications. The process of undertaking at-home bleaching begins with your dentist taking upper and lower moulds of your teeth to make custom-fitted bleaching trays, for your teeth. Once you have received the trays, the procedure is very simple. Either on a daily or nightly basis

you will need to wear your trays containing the appropriate whitening gel, as provided by your dentist. The duration of wear can range from one hour per day while you watch TV or read a book; to overnight while you snooze. This procedure is repeated daily or nightly over a few weeks. At-home whitening places the control of whitening in your hands, allowing you to dictate how “white” your teeth become, before moving onto your “maintenance” phase. It also doubles up later on as your maintenance system, allowing you to touch up the whiteness of your teeth. In addition, it allows our more sensitive patients to tailor their whitening procedure to their comfort. We highly recommend having your teeth cleaned prior to undertaking any whitening procedure to remove any build up of plaque or extrinsic staining. Please call one of our friendly reception staff to arrange a complimentary consultation appointment for you to discuss your teeth whitening options in further detail. NOTE: Most home teeth whitening products cannot by law, administer a high strength of peroxide, thereby reducing the whitening potency of these gels. The products are also washed off or diluted with saliva or water, either by procedure (eg. toothpaste) or by leakage (eg. generic whitening trays), thereby reducing essential contact time with your teeth. The combination of the two, typically entails minty fresh breath but with very limited alteration of tooth colour.

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