

TEETH WHITENING PRACTICE PHILOSOPHY

The practice philosophy for teeth whitening is based on a review and study of current available literature. We have a team led by the dentist, Dr Adam Alford, and our Dental Hygienist. As part of his study of teeth whitening, Dr Adam Alford has completed a literature review and research paper for an Australian company that produces the teeth whitening gels. According to this and other research carried out by our hygienist, we have produced a protocol that we believe leads the way in the field of teeth whitening. Research is available for your perusal.

The practice protocol for whitening is based on both an in chair system (BriteSmile) and at home whitening systems (Pola Day and Pola Night). Both systems work adequately in isolation, but it is our belief that combining the two methods gives a much more satisfactory result with regard to the actual degree and longevity of the colour change.

We use the latest materials, including some new agents on the market that help to control some of the side effects of teeth whitening. These side effects are fully reversible and transient and, with proper assessment and professional monitoring and treatment methods, approximately 98 per cent of patients should be able to whiten their teeth comfortably with high satisfaction levels.

BriteSmile is one of the few in chair systems to use a cool light. For this reason, it is one of the few in chair systems that should be recommended by dentists. Most other in chair systems use a heat light and, therefore, have a greater amount of side effects, including long term side effects that may require future treatment.

With teeth whitening it is important that your teeth are assessed, that the correct method of whitening is explained to you and that the correct material strength, type of material, and controlling agents are selected. Other normal health related dental work may be required prior to teeth whitening. It must also be considered that we may not be able to achieve the results you are looking for with teeth whitening only. Other cosmetic work may be required,

PATIENTS' USUAL WORRIES ANSWERED

Are there any Side Effects?

There are side effects associated with whitening but, over the last 20 – 30 years, they have been proven to be transient and fully reversible, depending on what whitening system is being used. It should be noted that the whitening materials have been in use for more than 50 years. The side effects are usually some mild sensitivity to cold and also some gum soreness. Approximately 60-70 per cent of patients have very mild side effects that are easily managed.

Will the Colour Fade?

The colour change is usually not permanent. On average, there is a some colour rebound in the first 2 weeks, then a slow regression of colour over 2-3 years. This is why the at home system is essential, to balance this rebound and to reduce the regression of the colour. The good news, however, is that to maintain the colour costs approximately \$40 every 6 – 12 months if only the at home gels are used for maintenance. This is a very easy and successful way of maintaining the colour. As with any cosmetic procedure, appropriate maintenance is necessary.

Will the Structure of the Teeth be Affected?

The materials do affect the structure of the teeth slightly. Many studies have likened the effects of the whitening materials to drinking a can of soft drink, which is rapidly reversed by the body's natural repair systems (saliva).

What About My Existing Fillings?

Unfortunately, filling materials and materials used in crown and bridgework will not change colour. It is therefore necessary that teeth whitening be carried out prior to any other cosmetic treatment in order to achieve the best possible overall look of the teeth for years to come. However, teeth whitening tends to brighten the teeth as well so the old crown and bridgework colour tends to blend through better after whitening.

Come in, have an assessment, and ask the team about whitening.

Researched and compiled by Dr Adam Alford BDS (Hons)

TEETH WHITENING PACKAGE

How to achieve a long lasting, whiter, brighter smile!

We believe in presenting a teeth whitening treatment plan for our patients. With teeth whitening it is important that your teeth are assessed, and that the correct method of whitening is explained to you. For your interest, we have also included the necessary item numbers and procedure codes relevant to your private health insurance company. You may be entitled to a reimbursement on some treatments.

INITIAL STAGE

Your initial stage will be with one of our teeth whitening team, either Dr Adam Alford or Karen Smith our Dental Hygienist. It is very important that this procedure is carried out by a trained professional. The first visit will comprise an initial assessment to determine suitability for teeth whitening. If all is well, a gentle polish may be carried out to remove the immediate surface stains and prepare the teeth for the whitening procedure. At this stage we will also take a model of your teeth for us to fabricate custom made whitening trays, to be used by you as part of the maintenance program after your BriteSmile procedure.

Item Numbers:

014	Initial cosmetic consultation (if required)
111	Removal of plaque and or /stain (if required)
119 x 2	Bleaching, home application- per arch
926 x 2	Individually made tray- medicaments

SECOND STAGE

The second stage will consist of the BriteSmile procedure. A whitening gel is placed on the teeth surface and then a cool blue light is used to activate the material. A series of 3 – 4, 20 minute intervals are required for the optimum shade to be achieved. BriteSmile is usually advertised as an hour procedure, but it is actually the forth 20min session that really achieves the best results, therefore it is always encouraged to have the forth session.

Item Numbers:

927	Provision of Medication/medicaments
165	Desensitising procedure – per visit
122 × 2	Topical re-mineralizing agent, home application – per arch
118 x 24	Bleaching, external- per tooth

This package, in full, is what we feel is the optimum way to achieve a long lasting brighter and whiter smile. Having studied all the current literature and research in this subject, we would like to offer this complete package to you, our patient.

The total cost for this Teeth Whitening Package is: \$990

If you would like any further information please contact the surgery or visit our website.