

PATIENT INFORMATION · COSMETIC DENTISTRY

Teeth whitening

In-chair Zoom whitening, after a check that it suits you.

What is it?

In-chair Zoom whitening uses a hydrogen peroxide-based gel and an LED light to lighten the shade of natural teeth, usually in a single appointment. How much lighter your teeth become varies from person to person, and depends on your natural shade and the type of staining.

Whitening doesn't change the colour of crowns, veneers or fillings.

Who it may help

- ✓ Adults with healthy teeth and gums who would like a lighter shade
- ✓ Stains from tea, coffee, red wine or ageing
- ✓ Not suitable during pregnancy or breastfeeding

Suitability depends on your individual situation and is confirmed after an examination.

How it works



1 A check-up comes first: teeth and gums need to be healthy before whitening.



2 A protective barrier is placed over the gums.



3 A peroxide-based whitening gel is applied, and an LED light is used.



4 The gel is removed and the new shade checked. Results vary from person to person.

Simplified illustration, not to scale. Your own treatment may differ.

What to expect

- 1 Check-up first.** Your dentist checks that your teeth and gums are healthy. Problems such as decay may need treating first. Tooth mousse is given two weeks before.
- 2 Protecting the gums.** A barrier is placed over your gums and lips.
- 3 Gel and light.** The gel is applied and the LED light is positioned over the teeth, typically for about 15 to 20 minutes at a time. This may be repeated in the same visit.
- 4 Checking the shade.** The gel is removed, your teeth are cleaned, and the shade change is checked with you.

Things to consider

- **Sensitivity:** temporary sensitivity is common and usually settles within a few days
- **Results vary:** the change in shade differs from person to person
- **Existing work:** crowns, veneers and fillings don't change colour

Aftercare

- ✓ **First 24 to 48 hours:** avoid foods and drinks that stain, such as coffee, tea, red wine and dark fruits
- ✓ **Daily care:** brush, floss and use an alcohol-free mouthwash
- ✓ **Check-ups:** regular check-ups and cleans; touch-ups may be suggested over time

General guidance only. Always follow the specific instructions your dentist gives you.

Costs & health funds

Fees depend on your treatment and are confirmed after an examination, with a written estimate before planned treatment starts. Your health fund rebate depends on your fund, level of extras cover, annual limits and waiting periods. We can claim on the spot with Tyro, so on the day you pay any gap. All health funds are welcome.

Questions to ask your dentist

- ? Are my teeth and gums healthy enough for whitening?
- ? What change in shade is realistic for me?
- ? How can I manage sensitivity?
- ? Will my fillings or crowns need replacing to match?
- ? How long might the result last?
- ? What will it cost?

Before your appointment

- ✓ A check-up comes first: teeth and gums need to be healthy before whitening
- ✓ Use the tooth mousse we give you in the two weeks before treatment, as directed
- ✓ Tell us if you are pregnant or breastfeeding, as whitening isn't suitable then
- ✓ Crowns, veneers and fillings won't change colour: ask how this affects your result
- ✓ Tell us if your teeth are already sensitive
- ✓ Your Medicare card and health fund card, for on-the-spot claiming with Tyro

General guidance only. Always follow your dentist's specific instructions.

Paying and claiming on the day

- ✓ Pay by EFTPOS or card, including tap and pay
- ✓ All health funds are welcome; your benefit depends on your fund and level of cover
- ✓ Bring your health fund card: we claim on the spot with Tyro, so you only pay any gap

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