

FREQUENTLY ASKED QUESTIONS ABOUT WHITENING YOUR TEETH

Thinking about whitening your teeth? You're not alone - tooth whitening is the number one cosmetic dental procedure requested by patients around the world.

At Pelago Dental, we want the best results for our patients, so we use and recommend a very effective product called the Kör Whitening Deep Bleaching System. This system was created in the U.S.A and is recognised by many dentists across the globe as the most effective tooth whitening available.

About the Kör Whitening System:

Kör Deep Bleaching is available in both in-office and home whitening formats. This product is different to other systems, because the whitening gels are continuously refrigerated, all the way from California in the USA. Because of this, the active ingredients remain more effective. Also, the custom trays for home whitening are a special design (known as Kör Seal whitening trays). These trays exclude saliva better than standard whitening trays, so that the whitening gel acts on the teeth for longer. The in-office whitening does not need to be activated by a light, and the hydrogen peroxide whitening agent comes divided into three sections, as opposed to the common two-barrel systems, resulting in a more effective whitening action when it is mixed and applied to the teeth.

So should I have in-office or home whitening? Everybody's smile is different, so before an appointment is made to begin your whitening treatment, you will first have a consultation with the dentist to discuss the results you want to achieve, and tailor a plan to your individual needs.

For most patients, the home whitening system will achieve excellent results. A 'boost' treatment with the in-office system, following a course of home whitening, will only be recommended by your Dentist if they feel the discolouration of your teeth is particularly difficult to correct and requires this.

To achieve the best results, your teeth should professionally cleaned to remove any stains, plaque or tartar that may otherwise prevent the whitening agent from penetrating the teeth and removing discolouration. Consultation and professional cleaning are not included in the fee listed for whitening.

How much does whitening cost?

Kör -Night Supervised Home Whitening \$599

Great results can be achieved via home whitening alone. Customised home whitening trays are made for you and will be used for 2 weeks of at-home night time whitening. A periodic at-home maintenance schedule will be advised by your dentist.

Kör Max In-office/Night Combo: \$1199

This system provides optimum results for stubborn discoloration. It is a combination of in-office and supervised home whitening. You will receive a take home kit including custom fabricated whitening trays and home-whitening gel, followed by a 60 minute in-office power whitening treatment.

Some private health funds provide coverage towards tooth whitening procedures, at your consultation appointment we can provide you with information that will allow you to contact your fund and check.

How long does whitening take?

Typically you will need 2-3 appointments; one for moulds of your teeth to be taken, then a follow-up to issue you the trays and explain how to use the product. A third appointment is scheduled if you require a follow-up review or in-office boost treatment.

How long does whitening last?

With periodic home maintenance, tooth whitening can deliver lasting long-term results. Maintenance whitening is important and intervals will be prescribed by your dentist upon consultation. Your home whitening trays will last for many future applications, and additional whitening gel can be purchased from the practice.

Is it safe?

Whitening products have been clinically studied for more than three decades and safely used on millions of patients without harm to teeth or gums. There are some people though, who should not whiten their teeth. This includes those with untreated decay or gum disease, pregnant and breastfeeding mothers, those with extremely hypersensitive teeth, or an allergy to hydrogen peroxide whitening agents.

Is there pain or discomfort with whitening?

The main side effect of tooth whitening is sensitivity. The Kör system includes a desensitising liquid to aid with this and we also provide our patients with desensitising toothpaste to use during treatment.

Does it matter how old I am?

Teeth are safely whitened from about 14 years of age, because the permanent teeth are usually all fully erupted in the mouth by then. The younger teeth are, the more brilliantly they whiten. However, professional whitening can provide some improvement to the shade of most people's teeth, no matter how old you are.

How white will my teeth get?

Both systems can whiten teeth 8 shades or more, although everyone is different and results may vary. With the proper technique most people will achieve a noticeable result.

Will my crowns, veneers or fillings whiten too?

No. As with all tooth whitening systems, if you have any of these on your front teeth, you may need to replace some of them after whitening.

I love coffee, tea, smoking and red wine. Will this affect my teeth after whitening?

With home maintenance and regular professional teeth cleaning, the effects of these staining foods on your long-term brilliant tooth colour can be minimised. The staining caused by smoking can be reduced, but it is still best to cease smoking if you want great long-term results.

These products are more expensive than those I have seen advertised on social media, which claim to use the same ingredient as Dentists. Why is this a better option?

In Australia, the ACCC (the consumer safety 'watchdog') has banned the sale of products containing more than 6% hydrogen peroxide or 18% carbamide peroxide. This means that only Dentists can carry out in surgery power-bleaching, with hydrogen peroxide concentrations of up to 40%. Some of the cheaper DIY kits you will see on the market may contain 6% hydrogen peroxide, however most of the trays in these systems are 'boil and bite' type that you make at home. This means they fit poorly and are risky because of two factors: firstly, the gel can extrude onto your gums and cause painful burns (yes, even at this low concentration.) Secondly, saliva can easily enter the trays and degrade the whitening gel, meaning it will be effective for much less time than if it were in a close-fitting, custom made tray. Aside from this, you will be under the care of a dental expert, who can tell you whether whitening is going to be able to achieve the result you want, how to use the products to get the best outcome, and also recommend alternatives if whitening isn't the best way for you achieve a bright, white smile.

For more information please call us on (08) 9185 4849