

How Does It Work?

Both products are a whitening gel that is designed to penetrate the surface of the tooth enamel and break down ingrained staining. They are perfectly safe to use and do not damage or alter the tooth structure.

Why See a Dentist?

There are now a variety of teeth whitening systems currently available for consumers to purchase. The benefits of seeing a Dentist is that they can check your overall oral health to ensure that teeth whitening is a safe and suitable option for you prior to commencing any treatment.



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TEETH WHITENING



Southport Park
Family Dental

TEETH WHITENING

Unfortunately, as we get older, our teeth do naturally start to stain and become discoloured. Certain foods and beverages do contribute more than others to staining on our teeth such as tea, coffee, red wine, and smoking cigarettes. Sometimes there can be other factors contributing to staining or discolouration on our teeth which is best to speak to your Dentist about.

The good news is that teeth whitening can be an effective treatment to whiten your teeth. Most people will have great results with teeth whitening. However, it is important to note that individual results can vary, and existing fillings, crowns, veneers, and dentures will not change colour.

Product used

At Southport Park Family Dental we use POLA Advanced Tooth Whitening System and Opalescence Tooth Whitening System. We offer in-chair whitening and take-home whitening kits which are both targeted at providing you a whiter, brighter smile!

Take-Home Whitening

There are two take-home options that we can offer. This is Pola Day or Pola Night. You will receive custom take-home mouth trays to complete your teeth whitening at home.

Pola Day | \$195

Pola Day consists of hydrogen peroxide gel which is placed into the tray for teeth undergoing treatment. The tray is worn for 45 minutes per day for no more than 2 weeks at a time.

Pola Night | \$195

Pola Night contains a carbamide peroxide gel which is placed into the tray for teeth undergoing treatment. This is worn overnight and removed in the morning for no more than 2 weeks at a time.

In-Chair Whitening | \$495

Poloffice+ and Opalescence Boost are an in clinic teeth whitening treatment completed with the Dentist where results are obtained in 45 minutes treatment time. At the end of your appointment you will receive custom take-home trays and whitening gel treatment.

Additional Information

Side Effects

Mild sensitivity to your teeth and gums may occur. This usually passes within 1-2 days. Your Dentist is able to make some recommendations to help manage teeth sensitivity post treatment.

Aftercare

- Do not smoke, eat or drink **during** treatment.
- Avoid highly coloured foods and beverages for 48 hours post treatment
- If you do smoke please avoid for 48 hours post treatment
- Long term results vary from person to person depending on the original shade of your teeth and habits such as smoking, drinking and/or eating highly coloured food or beverages (e.g. coffee, red wine, curries)
- "Touch-up" treatments may be needed every 6-12 months to retain colour.

