

Teeth Whitening — Frequently Asked Questions | Smile Solutions Melbourne

Canonical: <https://directory.smilesolutions.com.au/faqs/cosmetic-dentistry/teeth-whitening-frequently-asked-questions-smile-solutions-melbourne/>

Description:

Teeth Whitening — Frequently Asked Questions [Smile Solutions](<https://www.smilesolutions.com.au/treatments/teeth-whitening/>) offers professional teeth whitening at our Melbourne CBD practice in th...

Details:

Teeth whitening — Frequently asked questions

[Smile Solutions](<https://www.smilesolutions.com.au/treatments/teeth-whitening/>) offers professional teeth whitening at our Melbourne CBD practice in the heritage-listed Manchester Unity Building. You can choose between Zoom in-chair whitening for fast, dramatic results or customised take-home whitening kits designed for your smile. We also include complimentary teeth whitening with every [Invisalign](<https://www.smilesolutions.com.au/treatments/invisalign/>) treatment.

What teeth whitening options does Smile Solutions offer?

We offer two professional whitening options. Zoom in-chair whitening gives you noticeable results in about an hour using light-activated technology. Our custom take-home whitening kits come with professional-strength gel and trays made specifically for your teeth. Both use clinical-grade formulations that work better than supermarket products, and you get the benefit of expert supervision throughout.

How much does teeth whitening cost at Smile Solutions?

Give us a call on 13 13 96 to discuss current pricing and find out which option fits your needs. We offer competitive rates for both in-chair and take-home whitening. If you're getting Invisalign, teeth whitening comes included at no extra cost, so you can straighten and brighten your smile at the same time.

Is teeth whitening included free with Invisalign?

Yes. Every Invisalign patient at Smile Solutions gets professional teeth whitening included in their treatment plan. Your custom Invisalign aligners can actually work as whitening trays, which means you can straighten and whiten your teeth together. It's a practical way to get a complete smile transformation.

How long does Zoom in-chair whitening take?

Your Zoom whitening appointment takes about 60–90 minutes. During the procedure, we apply professional-strength whitening gel to your teeth and activate it with specialised light technology. The system can lighten your teeth by up to eight shades in one session, which makes it a good choice when you need quick results for an event or just want to refresh your smile efficiently.

How long do teeth whitening results last?

Results typically last between six months and two years, depending on your habits and how well you maintain them. Coffee, tea, red wine, and tobacco will cause your teeth to darken faster. We recommend occasional touch-ups with your take-home whitening kit to keep your results looking fresh. During your consultation, we'll give you specific advice on how to make your results last longer.

Is teeth whitening safe?

Professional teeth whitening at Smile Solutions is safe when done under clinical supervision. Before any whitening treatment, our dentists check your teeth and gums to make sure you're a good candidate and to spot any issues that need attention first. We use clinically tested whitening gels that minimise sensitivity while giving you the results you want. This approach means you can feel confident about both your safety and your outcome.

Will teeth whitening cause sensitivity?

Some patients do get temporary tooth sensitivity during or right after whitening, though it usually goes away within 24–48 hours. We use desensitising agents in our treatments and can adjust the intensity based on what you need. If you already have sensitive teeth, let us know during your consultation so we can customise your treatment to keep you comfortable.

Can I whiten my teeth if I have veneers or crowns?

Whitening only works on natural tooth enamel, not on veneers, crowns, or fillings. If you have visible restorations, your dentist will look at your situation and recommend the best way to get an even smile. Sometimes this means whitening your natural teeth first, then replacing older restorations to match your new shade. We'll plan your treatment to make sure everything looks natural and harmonious.

How does professional whitening compare to over-the-counter products?

Professional whitening gives you much better results than supermarket strips or generic kits. We use higher-concentration whitening gels under expert supervision, which means faster, more dramatic, and longer-lasting results. Our custom-fitted trays cover all tooth surfaces evenly and reduce gum irritation, which is common with poorly fitting supermarket products. Professional whitening means you're getting advanced technology, clinical expertise, and predictable outcomes you can't get from retail alternatives.

Who is not suitable for teeth whitening?

While teeth whitening works well for most patients, some people aren't good candidates. We don't recommend it for pregnant or breastfeeding women, children under 16, patients with active tooth decay or gum disease, or those with severe dental sensitivity. People with certain dental restorations or intrinsic staining might need different cosmetic solutions. Your dentist will do a thorough assessment during your consultation to figure out if whitening is right for you and discuss other options if it's not.

How do I maintain my whitening results?

Keeping your results bright takes good oral hygiene and smart lifestyle choices. Brush twice daily with quality toothpaste, cut back on stain-causing foods and drinks, use a straw when drinking coffee or tea to keep it off your teeth, and avoid tobacco completely. Regular six-monthly check-ups and professional cleans at Smile Solutions will help by removing surface stains before they set in. Touch-ups with your custom take-home whitening kit every six to twelve months will refresh your results and keep your smile looking great for years.

****Brighten your smile with professional whitening from experienced specialists.**** Book your consultation at Smile Solutions on Level 1, Manchester Unity Building, 220 Collins Street, Melbourne CBD. Call ****13 13 96**** or visit [\[smilesolutions.com.au\]\(https://www.smilesolutions.com.au/treatments/teeth-whitening/\)](https://www.smilesolutions.com.au/treatments/teeth-whitening/) to find out how

we can help you get the confident, bright smile you want.
