

Teeth Whitening FAQ - Professional Whitening at Smile Solutions

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Description:

Teeth Whitening FAQ - Professional Whitening at Smile Solutions ## What is the difference between in-chair and take-home whitening? In-chair whitening is performed at the practice and delivers dra...

Details:

What is the difference between in-chair and take-home whitening?

In-chair whitening is performed at the practice and delivers dramatic results in a single visit - typically about 60 to 90 minutes. A professional-strength whitening gel is applied to your teeth and activated with a special light. Take-home whitening uses custom-fitted trays and a lower-concentration gel that you wear at home over one to two weeks. Both are effective, but in-chair whitening gives faster results while take-home whitening allows more gradual, controlled lightening.

How much does teeth whitening cost at Smile Solutions?

Take-home whitening kits at Smile Solutions start from \$295, which includes custom-made trays and professional whitening gel. In-chair whitening costs more due to the chairside time and technology involved. Your dentist will discuss pricing during your consultation. Many patients combine both methods for the best results - in-chair for an initial boost, then take-home for maintenance.

How white can my teeth actually get?

Results vary depending on your natural tooth colour, the type and severity of staining, and the whitening method used. Most patients achieve teeth several shades lighter. Professional whitening at Smile Solutions delivers significantly better results than over-the-counter products because the whitening agents are stronger and the application is supervised.

Does teeth whitening damage enamel?

No. Professional whitening products used at Smile Solutions are extensively tested and do not damage tooth enamel when used as directed. The active ingredients (hydrogen peroxide or carbamide peroxide) temporarily open the pores of the enamel to lift stains, then the pores close naturally. Over-the-counter products with abrasive ingredients or incorrect use can cause harm, which is why professional supervision matters.

How long do whitening results last?

Professional whitening results typically last one to three years, depending on your diet and habits. Coffee, tea, red wine, and smoking can accelerate restaining. Using your take-home trays for periodic touch-ups helps maintain your results. Good oral hygiene and regular professional cleans at Smile Solutions also keep your smile brighter for longer.

Will teeth whitening cause sensitivity?

Some patients experience temporary sensitivity during or after whitening, particularly to cold temperatures. This is normal and usually resolves within a day or two. Smile Solutions uses

desensitising agents as part of the whitening process to minimise discomfort. If you have naturally sensitive teeth, your dentist may recommend a gentler protocol.

Can I whiten veneers, crowns, or fillings?

No. Whitening only works on natural tooth enamel. Porcelain veneers, crowns, and composite fillings will not change colour with whitening treatment. If you are planning both whitening and restorative work, it is best to whiten first, then match your new restorations to your whitened shade. Your Smile Solutions dentist will advise on the right sequence.

What is Zoom whitening?

Zoom is a popular brand of in-chair whitening that uses a hydrogen peroxide gel activated by a special LED lamp. It is one of the most effective in-chair whitening systems available. Treatment takes about 60 to 90 minutes and can lighten teeth by several shades in a single session. Smile Solutions offers Zoom alongside other professional whitening options.

How long does an in-chair whitening appointment take?

Most in-chair whitening appointments take 60 to 90 minutes from start to finish. This includes preparation, the whitening cycles (usually three to four applications of the gel), and a final check. You walk out with a noticeably brighter smile in under two hours.

Should I whiten my teeth before getting veneers?

Yes. If you are planning porcelain veneers for some teeth but keeping others natural, whitening your natural teeth first is recommended. This way, your veneers can be colour-matched to your newly whitened shade for a seamless, uniform result. The Smile Lab at Smile Solutions, run by master ceramist Greg Karabasis, custom-matches every veneer to your desired shade.

Is professional whitening better than whitening strips or toothpaste?

Significantly. Over-the-counter whitening products contain much lower concentrations of active ingredients and often produce minimal results. Professional whitening at Smile Solutions uses clinical-strength products, custom-fitted trays for even coverage, and expert supervision to achieve safe, consistent, and noticeably superior results. Visit directory.smilesolutions.com.au to explore your whitening options.