

Ask the Dentist

Teeth Whitening

Q: What do I need to know before getting my teeth whitened at a dental clinic?

A: The first thing you should know is that you are on the right track to achieve whiter teeth! In our experience, the most effective way to whiten teeth is done through a combination of in-clinic chairside whitening followed by at-home whitening.

It is also a safe way to whiten the shade of natural teeth as it neither weakens the enamel (unlike overzealous brushing with whitening toothpaste) nor makes your teeth more prone to cavities.

How much whiter will my teeth go?

It is important to understand that teeth whitening treatments produce different results for different people. Enamel that is more permeable tends to whiten more easily, but there isn't a test that can be done beforehand to assess that.

Following up with the home kit allows further whitening and better results. As you can adjust the amount of contact time between the whitening gel and your teeth, you can achieve the degree of whitening desired. For instance, if you want your teeth to be even whiter, wear the whitening trays at home for a few more days.

Another thing to note is that if you have any pre-existing crowns and white fillings, these would not change its shade even after teeth whitening. Therefore, if you would like to replace a crown or white filling, it is advised for the replacement to be done two weeks after your whitening treatment.



How long does it last?

Teeth whitening generally lasts for six to nine months. The duration is largely dependent on what one eats and drinks which cause extrinsic staining of the teeth. Therefore, it is recommended for one to avoid food and drinks which has intense colouring for 24 hours after treatment (eg. tea, coffee, curry, soy sauce etc).

Are there any side effects?

A degree of tooth sensitivity, for up to 48 hours, can be expected after an in-clinic whitening treatment. This can be controlled by brushing with a toothpaste for sensitive teeth. An anti-inflammatory painkiller can help if there is extreme sensitivity, but thankfully this is rare.

A brighter and whiter smile can make you look younger and be a great confidence booster. As long as it is done with the right whitening agent and methods, very good results can be achieved. Most importantly, we always encourage our patients to share their concerns with us, so that we can address them and ensure that their experience is as pleasant as it can be.



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If your question is featured, we will send you a pair of movie tickets!

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