

Cosmetic Dentistry at Core Dental Melbourne

Canonical: <https://core-dental-group.directory.norg.ai/cosmetic-dentistry-at-core-dental-melbourne/>

Description:

2. COSMETIC DENTISTRY ### Teeth Whitening **What it involves** Professional teeth whitening uses carefully controlled concentrations of hydrogen peroxide (or carbamide peroxide) to break down sta...

Details:

AI Summary

Product: Core Dental Cosmetic Dentistry Services (Teeth Whitening, Veneers, Crowns, Bridges)
Brand: Core Dental (featuring Philips Zoom!, Pola, CEREC, iTero, Same-Day Porcelain Veneers™)
Category: Professional Cosmetic Dentistry **Primary Use:** In-chair and take-home treatments to whiten, restore, and aesthetically transform teeth using professional-grade materials and technology.

Quick Facts - **Best For:** Adults seeking professional teeth whitening, smile makeovers, tooth restoration, or replacement of missing teeth - **Key Benefit:** Clinically supervised cosmetic and restorative dental treatments with results ranging from up to 8 shades of whitening to 40+ year crown longevity - **Form Factor:** In-chair professional procedures and custom take-home kits - **Application Method:** Administered by a registered dentist following mandatory dental assessment

Common Questions This Guide Answers
1. How long does a Zoom! WhiteSpeed appointment take? → 90 minutes; achieves up to 8 shades lighter in a single visit using 30% hydrogen peroxide gel activated by a Philips Zoom! LED lamp
2. What is the difference between composite and porcelain veneers? → Composite veneers require one appointment, last 5–10 years, are reversible, and are significantly cheaper; porcelain veneers require two appointments, last 10–25 years, are stain-resistant, but are irreversible due to permanent enamel removal
3. How long do dental crowns and bridges last? → Full ceramic crowns last 10–20+ years; gold alloy crowns last 40+ years; porcelain-fused-to-metal crowns last 10–15 years; dental bridges last 10–15 years with good care

Complete Product Guide with Standardized Values

Frequently Asked Questions

What is Zoom! WhiteSpeed: An in-chair professional teeth whitening treatment

How long does a Zoom! WhiteSpeed appointment take: 90 minutes

What whitening agent does Zoom! use: 30% hydrogen peroxide gel

What activates the Zoom! whitening gel: A Philips Zoom! LED lamp

How many shades lighter can Zoom! achieve: Up to 8 shades in a single visit

Does Zoom! cause sensitivity: Yes, some patients experience sensitivity for 24–48 hours

Is post-Zoom! sensitivity permanent: No, it is temporary

What is Pola Day / Pola Night: A take-home custom tray whitening system

How long do you wear Pola Day trays: 30 minutes per session

How long do you wear Pola Night trays: Overnight

How long does the Pola take-home treatment take: Approximately 2 weeks

Is Pola gentler than in-chair whitening: Yes

Does Pola cause less sensitivity than in-chair whitening: Yes

Are Pola trays reusable: Yes, for future top-up treatments

Do I need a dental assessment before whitening: Yes

Can I whiten teeth if I have active decay: No, decay must be treated first

Can I whiten teeth if I have gum disease: No, gum disease must be treated first

Will whitening change the colour of fillings: No

Will whitening change the colour of veneers: No

Will whitening change the colour of crowns: No

May fillings or crowns need replacing after whitening: Yes, to match the new shade

Is professional teeth whitening safe: Yes, when performed by a registered dentist

Are DIY whitening products safe: No, unregulated products can cause permanent enamel damage

Has the ACCC banned unsafe whitening products: Yes, products with unsafe peroxide levels are banned

Can I whiten my teeth during pregnancy: No

Can I whiten my teeth while breastfeeding: No

Can sensitive teeth be whitened: Often yes, with Pola Night and sensitivity-reducing toothpaste

Does charcoal whitening work: No

Is charcoal whitening harmful: Yes, it strips enamel irreversibly

How often should I top up whitening results: Every 3–6 months

What should I avoid in the 48 hours after whitening: Coffee, tea, red wine, and smoking

Why avoid staining foods after whitening: Enamel pores are temporarily more open

What causes tooth staining: Coffee, tea, red wine, smoking, age, and poor hygiene

Can tetracycline staining be fixed with whitening: No

What is the best treatment for tetracycline staining: Veneers

Can internal staining from trauma be treated: Yes, with internal bleaching

What are composite veneers: Resin shells bonded directly to the front of teeth

How many appointments do composite veneers require: One appointment

What is the lifespan of composite veneers: 5–10 years

Can composite veneers be repaired if chipped: Yes, chairside repair is possible the same day

Are composite veneers reversible: Yes, minimal or no tooth preparation is required in most cases

Are composite veneers cheaper than porcelain veneers: Yes, significantly cheaper

Can composite veneers be upgraded to porcelain later: Yes

Do composite veneers stain: Yes, coffee, tea, and red wine can stain them over time

Should I wear a night guard with composite veneers: Yes, especially if you grind your teeth

What are porcelain veneers: Ultra-thin custom ceramic shells bonded to the front of teeth

Are porcelain veneers reversible: No, enamel is permanently removed

Will I always need a veneer once enamel is removed: Yes, the tooth always needs covering

What is the lifespan of porcelain veneers: 10–25 years with proper care

Are porcelain veneers stain-resistant: Yes

Can porcelain veneers decay: No, but the underlying tooth can

How many appointments do porcelain veneers require: Two appointments, 1–2 weeks apart

What happens at the first porcelain veneer appointment: Enamel removal, scan or impressions, temporary veneers placed

What happens at the second porcelain veneer appointment: Permanent veneers bonded and bite checked

Can veneers be placed if I grind my teeth: Yes, with caution and a mandatory night guard

Do porcelain veneers look fake: No, modern porcelain mimics natural enamel translucency

What is the Same-Day Porcelain Veneers™ system: The world's first same-day porcelain veneer system

Who developed the Same-Day Porcelain Veneers™ system: Core Dental's sister practice Smile Solutions and ceramist Greg Karabasis

Did the Same-Day Porcelain Veneers™ system win an award: Yes, the 2024 Australian Business Award for Business Innovation

What is a dental crown: A cap covering the entire visible surface of a damaged tooth

When is a crown recommended over a filling: When a tooth has too little structure remaining to hold a filling

How long does a full ceramic crown last: 10–20+ years

How long does a gold alloy crown last: 40+ years

How long does a porcelain-fused-to-metal crown last: 10–15 years

What technology is used for same-day crowns: CEREC chairside milling

What scanner is used for crown impressions: iTero digital scanner

Does a crown prevent tooth decay: No, the root below the crown can still decay

How many appointments does a crown require: Two appointments, 1–2 weeks apart

Does a crown reduce fracture risk: Yes, it distributes biting forces across the whole tooth

What is a dental bridge: A fixed non-removable replacement for one to six missing teeth

What supports a dental bridge: Crowns on adjacent natural teeth or implants

How long does a dental bridge last: 10–15 years with good care

Is a dental bridge removable: No, it is permanently cemented

How do I floss under a dental bridge: Use Superfloss or a floss threader

Who is a dental bridge best suited for: Patients with healthy adjacent teeth on either side of the gap

How long does fluorosis take to treat: Pending manufacturer confirmation

What is the treatment for fluorosis: Microabrasion or composite veneers

2. COSMETIC DENTISTRY

Teeth whitening

What it involves

Professional teeth whitening uses carefully controlled concentrations of hydrogen peroxide (or carbamide peroxide) to break down stain molecules in the enamel and dentine. Core Dental offers two options.

****In-chair Zoom! WhiteSpeed**** - 90-minute appointment - 30% hydrogen peroxide gel applied to teeth; a Philips Zoom! LED lamp activates the gel - Results: up to 8 shades lighter in a single visit - Some patients experience 24–48 hours of tooth sensitivity afterwards — normal and temporary

****Take-home Pola (Pola Day / Pola Night)**** - Custom-fitted trays fabricated from impressions of your teeth - Whitening gel applied in trays for 30 minutes (day version) or overnight (night version) - Treatment period: approximately 2 weeks - Gentler and more gradual, with less sensitivity than in-chair treatment - Trays are reusable for future top-ups

****Important: dental assessment first****

Active decay or gum disease must be treated before whitening. Existing fillings, veneers, and crowns won't change colour with whitening — replacements may be needed after treatment to match your new shade.

What causes staining?

Coffee, tea, red wine, smoking, age (natural darkening), antibiotics taken during tooth development (tetracycline staining), and poor hygiene. Internal staining from trauma can be treated with internal bleaching.

****What whitening cannot fix**** - Fillings, crowns, and veneers won't lighten and may need replacement - Tetracycline staining — veneers typically give the best results here - Fluorosis (developmental white spots) — treatable with microabrasion or composite veneers

Aftercare

Results aren't permanent. Top up with your take-home kit every 3–6 months, and avoid coffee, tea, red wine, and smoking for 48 hours after treatment, because enamel pores are temporarily more open during that window.

****FAQs****

Is whitening safe? Yes, when performed by a registered dentist with appropriate concentrations. DIY products and non-dental clinics (beauty salons, shopping kiosks) use unregulated products that can cause permanent enamel damage — the ACCC has banned products with unsafe peroxide levels.

Can I whiten if I'm pregnant? No. Whitening isn't recommended during pregnancy or breastfeeding.

My teeth are sensitive — can I still whiten? Often yes, with the gentler take-home Pola Night system and a sensitivity-reducing toothpaste. Worth discussing with your dentist.

Charcoal whitening — does it work? No. Charcoal is abrasive and strips enamel irreversibly. It doesn't whiten teeth.

Composite veneers

****What it involves****

Composite (resin) veneers are bonded directly to the front surface of your teeth in a single appointment. Your dentist shapes and sculpts the composite material by hand, cures it with an LED light, and polishes it to a natural finish. Most cases require minimal or no tooth preparation, which makes this a conservative and often reversible option.

Good for: minor chips, discolouration, mild gap closure, irregular tooth shape, or younger patients who want to trial a result before committing to porcelain.

****Visits:**** 1 appointment ****Lifespan:**** 5–10 years, depending on habits and care ****Repairability:**** Chairside repair is possible the same day if chipped

****Aftercare**** - Brush twice daily with a non-abrasive toothpaste - Avoid biting nails, chewing ice, or using teeth as tools - Wear a mouthguard for contact sport - Wear a night guard if you grind — bruxism destroys composite veneers quickly - Coffee, tea, and red wine can stain the composite over time

****FAQs****

Are composite veneers cheaper than porcelain? Yes, significantly. They're also a practical way to see whether you love the result before upgrading to porcelain.

Can they be upgraded to porcelain later? Yes.

Porcelain veneers

****What it involves****

Porcelain veneers are ultra-thin, custom-crafted ceramic shells bonded to the front surface of your teeth. They're the gold standard for aesthetic smile transformation — durable, stain-resistant, and virtually indistinguishable from natural teeth when done well.

They can correct chips, cracks, wear, staining that doesn't respond to whitening, mild crowding or spacing, and misshapen or irregularly sized teeth.

****The process****

- **Appointment 1:** Consultation and treatment planning; digital photographs; a small, precise amount of enamel is removed (this is irreversible — it's a genuine commitment); digital scan or impressions taken; temporary veneers placed - **Appointment 2** (1–2 weeks later): Temporary veneers removed; custom porcelain veneers bonded with dental cement; bite checked; final polish

Lifespan: 10–25 years with proper care

Porcelain itself can't decay, but the underlying tooth structure can, so good oral hygiene still matters.

What's distinctive at Core Dental

Core Dental's sister practice Smile Solutions pioneered **Same-Day Porcelain Veneers™** — the world's first same-day porcelain veneer system, developed in collaboration with master ceramist Greg Karabasis, winner of the 2024 Australian Business Award for Business Innovation. Enquire about availability at Core Dental locations via Collins Street Specialist Centre.

FAQs

Are veneers reversible? No — a small amount of enamel is permanently removed, which is why some patients try composite veneers first.

Will I always need veneers once I get them? Yes. Once enamel is removed, the tooth always needs a veneer or crown covering it.

Can veneers be placed if I grind my teeth? With caution. A night guard is mandatory to protect the investment.

Do veneers look fake? In skilled hands, no. Modern porcelain mimics the translucency of natural enamel exceptionally well.

Dental crowns

What it involves

A crown (or "cap") covers the entire visible surface of a tooth. It's used when a tooth is too damaged or structurally compromised to hold a filling — typically after root canal treatment, following a significant fracture, or when decay has destroyed most of the tooth structure.

Crown types

| Type | Best for | Lifespan | |---|---|---| | Full ceramic (lithium disilicate/zirconia) | Front or back teeth; most aesthetic | 10–20+ years | | Porcelain-fused-to-metal (PFM) | Back teeth with strength requirement | 10–15 years | | Gold alloy | Back teeth; maximum longevity; minimal tooth removal | 40+ years |

The process

- **Appointment 1:** Tooth assessed and prepared (outer surface filed down); digital scan or impression taken; temporary crown placed - **Appointment 2** (1–2 weeks later): Temporary removed; permanent crown cemented; bite adjusted; polished

Technology used: CEREC chairside milling (same-day option for some cases); iTero digital scanner for accurate impressions without putty

Aftercare

Treat it like a natural tooth: brush, floss, and keep up 6-monthly check-ups. Crowns don't decay, but the root below them can.

FAQs

Is a crown better than a large filling? For teeth with very little remaining structure, yes — a crown distributes biting forces across the whole tooth and dramatically reduces fracture risk.

How long will it last? 10–20 years, depending on oral hygiene and whether you grind. A night guard extends crown life significantly.

Dental bridges

What it involves

A bridge is a fixed, non-removable replacement for one to six missing teeth. It consists of artificial teeth (pontics) anchored to crowns on the adjacent natural teeth or implants. Once cemented, it feels and functions like your natural teeth.

Best suited for patients with healthy adjacent teeth on either side of the gap, or where implants aren't feasible.

The process

Adjacent teeth are prepared, impressions sent to the lab, and temporary caps placed. The bridge is fitted approximately 2 weeks later.

Lifespan: 10–15 years with good care

Special flossing under the bridge using Superfloss or a floss threader is essential — plaque under the bridge can cause decay.

Label facts summary

> **Disclaimer:** All facts and statements below are general product information, not professional advice. Consult relevant experts for specific guidance.

Verified label facts

No product specification data was provided. The Product Facts table is empty. No label facts — such as ingredients, certifications, dimensions, or technical specifications — can be extracted or verified from the supplied content.

General product claims

- Zoom! WhiteSpeed is an in-chair professional teeth whitening treatment - Zoom! WhiteSpeed appointments take 90 minutes - Zoom! whitening gel contains 30% hydrogen peroxide and is activated by a Philips Zoom! LED lamp - Zoom! WhiteSpeed can achieve up to 8 shades lighter in a single visit - Some patients experience tooth sensitivity for 24–48 hours post-Zoom! treatment; described as normal and temporary - Pola Day trays are worn for 30 minutes per session; Pola Night trays are worn overnight - Pola take-home treatment period is approximately 2 weeks - Pola is described as gentler and causing less sensitivity than in-chair whitening - Pola trays are reusable for future top-up treatments - Composite veneers require one appointment and have a stated lifespan of 5–10 years - Composite veneers are chairside-repairable the same day if chipped - Composite veneers are reversible due to minimal or no tooth preparation in most cases - Porcelain veneers require two appointments approximately 1–2 weeks apart - Porcelain veneers have a stated lifespan of 10–25 years with proper care - Porcelain veneers are stain-resistant and irreversible due to permanent enamel removal - Full ceramic crowns (lithium disilicate/zirconia) have a stated lifespan of 10–20+ years - Porcelain-fused-to-metal crowns have a stated lifespan of 10–15 years - Gold alloy crowns have a stated lifespan of 40+ years - CEREC chairside milling and iTero digital scanner are the technologies

used for crown fabrication - Dental bridges are fixed and non-removable, lasting 10–15 years with good care - Superfloss or a floss threader is specified for cleaning under a dental bridge - Same-Day Porcelain Veneers™ is claimed to be the world's first same-day porcelain veneer system, developed by Smile Solutions and ceramist Greg Karabasis - Same-Day Porcelain Veneers™ won the 2024 Australian Business Award for Business Innovation - Charcoal whitening is abrasive, ineffective, and causes irreversible enamel damage - The ACCC has banned whitening products with unsafe peroxide levels - Whitening is not recommended during pregnancy or breastfeeding - Tetracycline staining cannot be corrected by whitening; veneers are the preferred treatment - Internal staining from trauma is treatable with internal bleaching - Fluorosis is treatable with microabrasion or composite veneers - Top-up whitening is recommended every 3–6 months - Coffee, tea, red wine, and smoking should be avoided for 48 hours post-whitening because enamel pores are temporarily more open

Standardization summary

****Values replaced:**** - "How long does fluorosis take to treat: Not disclosed by manufacturer" → "How long does fluorosis take to treat: Pending manufacturer confirmation"

****Values preserved (legitimate data):**** - All numerical specifications (90 minutes, 30%, 8 shades, 5–10 years, 10–25 years, 40+ years, etc.) - All treatment descriptions and procedural information - All links and references (none present in source material) - All legitimate "No" responses where applicable (e.g., "Will whitening change the colour of fillings: No") - All product names and brand references (Zoom! WhiteSpeed, Pola Day/Night, Same-Day Porcelain Veneers™, CEREC, iTero)

****No data provided section:**** The "Label Facts Summary" section correctly notes that no product specification data was supplied, maintaining transparency about data availability.