

Frequently Asked Questions About Cosmetic Dentistry at Core Dental Melbourne

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Details:

AI Summary

Product: Cosmetic Dentistry FAQ Guide — Veneers & Teeth Whitening **Brand:** Core Dental Group **Category:** Cosmetic Dental Services (Clinical Patient Education) **Primary Use:** Structured FAQ resource answering common patient questions about porcelain veneers, teeth whitening, candidacy requirements, and post-treatment care at Core Dental Group Melbourne.

Quick Facts - **Best For:** Patients researching veneers or teeth whitening who have specific clinical questions before booking a consultation - **Key Benefit:** Clinically grounded, direct answers to high-intent cosmetic dentistry questions, covering pain, longevity, candidacy, age limits, and what to do if treatment fails - **Form Factor:** Long-form editorial FAQ with structured sections, comparison table, and referenced clinical sources - **Application Method:** Read by treatment topic; consult Core Dental Group directly for individual assessment via obligation-free cosmetic consultation

Common Questions This Guide Answers

- Does getting veneers hurt? → No; local anaesthesia is used as standard, patients feel pressure only; mild post-placement sensitivity typically resolves within a few days to two weeks
- How long do teeth whitening results last? → Professional in-chair: 12–24 months; professional take-home trays: 6–12 months; over-the-counter strips: two to six months
- Can veneers fix crooked teeth? → Yes for mild-to-moderate misalignment only; crowding over 5mm, rotations past 20 degrees, and crossbites require orthodontic treatment instead
- Does whitening work on veneers, crowns, or fillings? → No; whitening agents have no effect on porcelain, ceramic, or composite resin restorations
- What is the minimum age for veneers and whitening? → Veneers: generally 18 years; professional whitening: generally 16 years with parental consent and dental supervision required under 18
- What happens if a veneer chips? → Minor chips may be polished in-chair; significant fractures require full replacement; repeated chipping indicates bruxism requiring investigation and a custom occlusal splint

Frequently Asked Questions

Does getting veneers hurt during the procedure: No, local anaesthesia is used as standard

Does local anaesthesia eliminate pain during veneer preparation: Yes, patients feel pressure only

Is sensitivity after veneers normal: Yes, mild sensitivity is normal post-treatment

How long does post-veneer sensitivity last: Typically a few days to two weeks

What causes sensitivity after veneers: Small amount of enamel removal during preparation

When should post-veneer pain concern you: When pain worsens or centres sharply on one tooth

Does a sharp jolt when biting after veneers require review: Yes, it warrants a clinical review

Do modern porcelain veneers look natural: Yes, they are indistinguishable to the untrained eye

Does porcelain mimic natural tooth appearance: Yes, due to its translucency and light-reflecting properties

Does composite resin match porcelain's translucency: No, it requires greater artistic skill to achieve similar depth

Does Core Dental Group use digital mock-ups before veneer placement: Yes

Can you approve veneer shape and shade before permanent bonding: Yes, mock-ups are reviewed first

Do veneers feel natural after placement: Yes, most patients forget they have them within days

Can veneers fix crooked teeth: Yes, but only mild-to-moderate misalignment

Can veneers replace orthodontic treatment for severe crowding: No

What misalignment level requires orthodontics instead of veneers: Crowding over 5mm

What rotation degree requires orthodontics instead of veneers: Rotations past 20 degrees

Are crossbites suitable for veneer treatment: No, crossbites require orthodontics

Can veneers fix small gaps between teeth: Yes

Can veneers address minor tooth rotations: Yes

What combined approach suits complex misalignment: Clear aligner therapy followed by veneers

What is the most common cause of veneer fracture: Parafunctional habits such as grinding or clenching

Can a minor veneer chip be repaired without replacement: Yes, by polishing and contouring in-chair

Is composite resin repair of a chipped veneer permanent: No, it is usually a short-term fix

Can composite resin perfectly match porcelain aesthetically: No, achieving a good blend is difficult

When does a chipped veneer require full replacement: When fracture is significant

What does repeated veneer chipping indicate: An underlying bite issue or parafunctional habit

What is investigated when veneers chip repeatedly: Bruxism

What is fitted after repeated chipping due to grinding: A custom occlusal splint

How long do professional in-chair whitening results last: 12 to 24 months with proper care

How long do professional take-home whitening tray results last: 6 to 12 months

How long do over-the-counter whitening strip results last: Two to six months

Which whitening method delivers the most dramatic immediate results: Professional in-chair whitening

Does coffee shorten whitening results: Yes

Does smoking shorten whitening results: Yes, nicotine and tar yellow teeth quickly

How often should professional whitening be repeated: Every 12 to 24 months

Does whitening work on porcelain veneers: No

Does whitening work on dental crowns: No

Does whitening work on composite resin fillings: No

Why doesn't whitening affect restorations: They lack the porous enamel structure whitening agents penetrate

Should you whiten before or after getting veneers: Whiten natural teeth first

How long should whitening results stabilise before veneer shade selection: Two to four weeks

What is the minimum age for porcelain veneers: Generally 18 years old

Why must patients be 18 for veneers: Teeth and jaws are fully developed by this age

What risk exists when veneers are placed too early: Veneers may move away from the gum line as teeth grow

What is the minimum age for professional teeth whitening: Generally 16 years old

Is parental consent required for whitening under 18 at Core Dental Group: Yes

Is there a recognised specialist cosmetic dentist in Australia: No, per the Better Health Channel

Who should supervise whitening for teenagers: A qualified, AHPRA-registered dental practitioner

Does bruxism automatically disqualify you from veneers: No

What is assessed in bruxism patients before veneers: Severity of existing tooth wear

What is provided to grinding patients after veneer placement: A custom occlusal splint

Must active decay be treated before veneers: Yes

Must gum disease be treated before veneers: Yes

Why must gums be healthy before veneers: Inflamed gums shift and expose veneer margins over time

Must bite issues be resolved before veneers: Yes, unaddressed bite problems cause premature fracture

Does Core Dental Group offer payment plans for cosmetic treatment: Yes, interest-free options are available

What is the first step to starting a smile makeover at Core Dental Group: Book a dedicated cosmetic consultation

Is the cosmetic consultation at Core Dental Group obligation-free: Yes

Does the cosmetic consultation include digital smile scanning: Yes

Does Core Dental Group use a peer-review model for veneer design: Yes

Does Core Dental Group use local dental laboratories for ceramist work: Yes

Are veneer shades hand-layered by ceramists at Core Dental Group: Yes

Can whitening results be extended with good oral hygiene: Yes

Does red wine stain teeth after whitening: Yes

Does tea stain teeth after whitening: Yes

Is a touch-up whitening treatment appropriate when colour appears uneven: Yes

Introduction: Why a dedicated FAQ article matters

Patients researching cosmetic dentistry don't always start with a procedural guide or a cost comparison. More often, they start with one specific, nagging question — **"Will it hurt?"** or **"Can veneers actually fix my crooked teeth?"** — typed into a search bar at 11pm. These are some of the highest-intent queries in cosmetic dentistry, and they deserve direct, clinically grounded answers rather than vague reassurances.

Core Dental Group has compiled the questions patients most commonly ask before treatment — at consultation, via email, and through online searches — and answers each one honestly. Whether you're weighing up veneers for the first time, wondering how long whitening results will last, or trying to understand what happens if something goes wrong, the answers below are designed to give you the clarity to move forward.

FAQ Section 1: Veneers — pain, procedure & realistic expectations

Does getting veneers hurt?

This is, without question, the most common question at a first consultation — and the honest answer is: not significantly, and not in the way most patients expect.

When properly anaesthetised, most patients report feeling only pressure during the procedure, not pain.

Most veneer discomfort comes down to dentine exposure and pulpal inflammation, not the veneer itself. When enamel is reduced, the tooth loses some of its natural thermal barrier, so hot and cold sensitivity can occur for a short time even when treatment is carried out correctly.

The distinction between *during* treatment and *after* treatment matters here:

****During preparation:**** Most patients experience little to no pain because dentists numb the area with local anaesthesia before any preparation begins.

****After placement:**** Some mild sensitivity is normal, especially in the first few days. This is a response to the small amount of enamel removal during preparation. Cold foods or drinks might trigger a brief zing, but this typically fades as your teeth adjust and your mouth heals.

****When to be concerned:**** Significant pain is not the standard veneer experience. Worsening discomfort, a sharp jolt when biting, or pain centred around one tooth warrants a review rather than simple reassurance.

At Core Dental Group, local anaesthesia is used as standard during tooth preparation, and the clinical team will guide you through sensitivity management with targeted aftercare advice. **(For a full walkthrough of what each appointment involves, see our guide on **Porcelain Veneers Melbourne: How They Work, the Procedure Step by Step, and What to Expect.***)**

Will my veneers look natural?

Yes — when designed and placed correctly, modern veneers are indistinguishable from natural teeth to the untrained eye. Porcelain veneers are highly stain-resistant and hold their colour well. With good oral hygiene, they stay bright and natural-looking for many years.

Within a few days, veneers feel completely natural. Your bite, smile, and speech all adapt quickly, and most patients say they eventually forget they have veneers because they feel so seamless.

How natural they look depends on three things:

****Material selection**** — Porcelain's translucency closely mimics the light-reflecting properties of natural enamel. Composite resin works well for single-tooth corrections but requires greater artistic skill to achieve the same depth of translucency across a full smile.

****Ceramist quality**** — At Core Dental Group, we work with local dental laboratories whose ceramists hand-layer porcelain to match your natural tooth characteristics, including surface texture and subtle colour gradients.

****Design collaboration**** — Core Dental Group's clinicians use a peer-review model and digital mock-ups to refine veneer shape and shade before any tooth is prepared, so you see and approve the result before it's permanently bonded.

(For a deeper look at how smile design works at Core Dental Group, see our guide on *****What Is a Smile Makeover? How Core Dental Group Designs Your Complete Smile Transformation.*****)*

Can veneers fix crooked teeth?

Veneers can address mild-to-moderate misalignment cosmetically — but they're not a substitute for orthodontic treatment where there's significant crowding or bite dysfunction.

One systematic review confirms that veneers mask only slight misalignment and colour changes, while more significant corrections require alternative methods.

In practical terms, veneers work well for:

- Slight crowding, small gaps, and minor rotations, where you want a straighter-looking smile without a long course of orthodontic treatment. If your teeth show mild to moderate misalignment only in the visible front teeth, you're likely a good candidate.
- Cases where misaligned teeth don't affect your bite or chewing. If your bite is stable and the crookedness is mostly cosmetic, veneers let you address shape, colour, and size in two or three visits.

Veneers are ****not**** appropriate where crowding exceeds 5mm, rotations are past 20 degrees, or crossbites are present — all of which require orthodontics. Research identifies severe occlusal problems as contraindications for veneer treatment.

At Core Dental Group, patients with more complex misalignment are assessed holistically. In many cases, a short course of clear aligner therapy followed by veneers delivers the most predictable and aesthetically strong result. *(See our guide on* *****Am I a Candidate for Veneers? Dental Requirements, Contraindications & Pre-Treatment Checklist***** *for a detailed self-assessment framework.)*

What happens if a veneer chips or breaks?

Veneer fracture is uncommon with proper care, but it does happen — most often because of grinding or clenching, biting hard objects, or trauma. How it's managed depends on the material and the extent of the damage.

If polishing alone won't fix it, the missing section can be replaced with composite resin or cemented back using resin cement. That said, small incisal chips can sometimes be satisfactorily contoured and polished in-chair, while any composite repair is generally a short-term fix. Because composite isn't the same material as porcelain, getting a good aesthetic blend can be difficult.

The clinical decision process at Core Dental Group typically follows this logic:

| Damage type | Likely management | |---|---| | Minor chip, smooth edge | Polish and contour in-chair | | Small chip with aesthetic concern | Composite resin repair (interim) | | Significant fracture | Full veneer

replacement | | Repeated chipping pattern | Investigate bruxism; fit occlusal splint |

What matters most is understanding **why** the veneer chipped. A veneer that chips repeatedly is almost always a signal of an underlying bite issue or grinding habit — not a material failure. Core Dental Group's clinicians will investigate the root cause, not just apply a patch.

(For a full guide to protecting your veneers long-term, see [***How to Care for Veneers: Long-Term Maintenance, Foods to Avoid & Protecting Your Investment.***](#))*

FAQ Section 2: Teeth whitening — results, longevity & limitations

How long will my whitening results last?

For most patients, results last anywhere from six months to three years. The method you choose and the habits you build afterward largely determine where your results fall on that range.

****Professional in-chair whitening:**** These treatments use stronger bleaching agents under dental supervision, delivering the most immediate results. Patients can typically expect results to last 12 to 24 months with proper care.

****Custom take-home trays (professional):**** Professional-grade gel with custom trays delivers long-lasting results, either as a standalone treatment or as follow-up care after in-chair whitening. Expect results to last six to 12 months, depending on your lifestyle and how consistently you use the trays.

****Over-the-counter strips and kits:**** On average, the whitening effect from OTC products lasts two to six months. These products are less potent than professional treatments and typically don't provide the same lasting results.

The main lifestyle factors that shorten whitening results are diet, smoking, and oral hygiene. Regular consumption of coffee, tea, red wine, soft drink, and dark berries causes discolouration. Nicotine and tar yellow teeth quickly.

Most patients repeat professional whitening every 12 to 24 months. A touch-up makes sense when teeth look dull, colour appears uneven, or stains return despite good oral hygiene.

(For a complete post-whitening maintenance plan, see our guide on [***Teeth Whitening Aftercare: How to Maintain a Whiter Smile and Extend Your Results.***](#))*

Can whitening work on veneers, crowns, or fillings?

No. Whitening agents — hydrogen peroxide and carbamide peroxide — work by penetrating natural tooth enamel and oxidising organic pigment molecules within the tooth structure. They have no effect on ceramic, composite resin, or porcelain restorations, which don't have the same porous enamel structure.

This matters practically for patients considering a combined treatment approach. At Core Dental Group, the standard protocol is to whiten natural teeth **first**, allow the shade to stabilise over two to four weeks, and then select the veneer shade to match the newly brightened natural teeth. This sequencing ensures colour harmony across the entire smile.

(See our comparison article [***Veneers vs Teeth Whitening vs Dental Crowns: Choosing the Right Cosmetic Treatment for Your Concern***](#) *for a full treatment-selection framework.)*

FAQ Section 3: Candidacy, age & getting started

Is there a minimum age for cosmetic dental treatment?

Age eligibility varies by treatment type and is grounded in the developmental biology of teeth and jaws.

****For porcelain and composite veneers:**** The minimum age is generally around 18, by which point most people's teeth and jaws have fully developed. Placing veneers earlier carries real clinical risk: veneers fitted before dental maturity can move away from the gum line as the tooth continues to grow, creating gaps between the veneer, the tooth, and the gum.

****For professional teeth whitening:**** Dentists generally recommend waiting until at least 16 before considering whitening treatment. Anyone younger may not have reached full dental maturity. The Better Health Channel (Victoria Department of Health) confirms that in Australia, there is no recognised specialist cosmetic dentist, reinforcing that all cosmetic treatment decisions — including age-related ones — should be made with a qualified, AHPRA-registered dental practitioner.

****For teenagers under 18 seeking whitening:**** A qualified dentist should supervise all tooth whitening for teenagers and young people. At Core Dental Group, any whitening treatment for patients under 18 is assessed individually, with parental consent and a full dental health review as prerequisites.

Am I a good candidate for veneers if I grind my teeth?

Bruxism is one of the most important factors to assess before veneer treatment — and one that many patients don't raise at consultation unless directly asked. Unmanaged grinding places veneers under repeated lateral forces that far exceed normal biting loads, significantly increasing fracture risk.

This doesn't automatically rule you out. At Core Dental Group, patients with a grinding history are:

1. Assessed for the severity of existing tooth wear
2. Evaluated for jaw muscle tenderness and bite discrepancies
3. Provided with a custom occlusal splint to wear at night post-treatment
4. In some cases, referred for a bite equilibration or Botox jaw-slimming consultation before proceeding

The goal is to create a stable occlusal environment **before** placing veneers — not to discover the problem after a smile makeover has fractured. **(See our full clinical candidacy guide: *****Am I a Candidate for Veneers? Dental Requirements, Contraindications & Pre-Treatment Checklist.*****)**

How do I get started with a smile makeover at Core Dental Group?

The starting point is a dedicated cosmetic consultation — a no-obligation appointment focused entirely on your smile goals, not a rushed add-on to a routine check-up. During this appointment, your clinician will:

1. ****Review your dental health baseline**** — Gum disease, decay, and bite issues need to be stable before cosmetic treatment begins.
2. ****Discuss your aesthetic goals**** — What specifically bothers you? Colour, shape, length, spacing? Getting clear on this directly shapes the treatment plan.
3. ****Photograph and digitally scan your smile**** — These records inform the Digital Smile Design process and allow mock-ups to be created.
4. ****Present a staged treatment plan**** — Including treatment sequence, number of appointments, material options, and investment required.
5. ****Walk through finance options**** — Core Dental Group offers interest-free payment plan options to make treatment accessible without compromising on quality.

(For a detailed breakdown of how payment plans work and what your health fund may cover, see our guide on ***Paying for Cosmetic Dentistry in Melbourne: Health Fund Rebates, Payment Plans & Finance Options Explained.*****)**

Do I need to fix any dental problems before getting veneers or whitening?

Yes — and this is non-negotiable at Core Dental Group. Cosmetic treatment applied over an unhealthy foundation will fail, and in some cases can accelerate the underlying problem.

Before any veneer or whitening treatment proceeds, Core Dental Group clinicians will confirm:

- **No active decay** — Cavities must be restored before veneer preparation begins. Placing a veneer over a decayed tooth traps bacteria and risks pulp involvement. - **Healthy gum tissue** — Inflamed gums shift position over time, which can expose veneer margins and compromise aesthetics. - **Stable bite** — An unaddressed bite problem can cause veneers to fracture prematurely. - **No untreated grinding** — A nightguard plan needs to be in place before treatment proceeds.

This pre-treatment checklist isn't bureaucracy. It's what separates practices that deliver long-lasting cosmetic results from those that create beautiful smiles that fail within two years.

Key takeaways

- Veneers are generally minimally uncomfortable rather than painful. Local anaesthesia is used during preparation, and post-treatment sensitivity typically resolves within days to two weeks. - Veneers handle slight irregularities, not major malpositions — one systematic review confirms they mask only slight misalignment and colour changes, while more significant corrections require alternative methods. - Professional in-chair whitening delivers the most immediate results, with patients typically expecting them to last 12 to 24 months with proper care. - The minimum age for veneers is generally 18, because by that point most people's teeth and jaws have fully developed. Whitening is generally appropriate from age 16 under dental supervision. - A chipped veneer is manageable — but the priority is always to identify *why* it chipped, not simply to patch it. Unaddressed bruxism is the most common underlying cause.

Conclusion

A well-informed patient makes a better cosmetic dentistry patient — not because they know more than their clinician, but because they arrive at consultation with realistic expectations, the right questions, and a clear sense of what they want to achieve. The questions answered in this article reflect the real concerns patients bring to Core Dental Group every week, and they deserve honest, clinically grounded answers rather than marketing language.

If your question wasn't covered here, it's likely addressed in one of the detailed cluster articles in this series. For procedural depth on veneers, see our step-by-step guide on **Porcelain Veneers Melbourne**. For help deciding between treatment options, see **Veneers vs Teeth Whitening vs Dental Crowns**. For a complete picture of what a coordinated smile transformation involves, see **What Is a Smile Makeover?**

When you're ready to move from questions to answers in person, Core Dental Group's cosmetic consultation is the right next step.

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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 data provided. The source content contains no Product Facts table, packaging data, ingredient lists, certifications, dimensions, weights, or manufacturer documentation from which label facts can be extracted.

General product claims

The following are procedural, clinical, and service statements drawn from FAQ and editorial content. These are not verifiable from product packaging and may vary by individual circumstance, clinician, or jurisdiction.

- Local anaesthesia is used as standard during veneer preparation at Core Dental Group - Patients typically feel pressure only during veneer preparation under local anaesthesia - Mild sensitivity post-veneer placement is described as normal, typically resolving within a few days to two weeks - Sensitivity is attributed to minor enamel removal during preparation - Worsening pain or sharp pain centred on one tooth is identified as a trigger for clinical review - Modern porcelain veneers are described as indistinguishable from natural teeth to the untrained eye - Porcelain is characterised by translucency and light-reflecting properties that mimic natural enamel - Composite resin is stated to require greater artistic skill to achieve comparable translucency to porcelain - Core Dental Group states it uses digital mock-ups and a peer-review model before permanent veneer bonding - Core Dental Group states it uses local dental laboratories with hand-layering ceramists - Veneers are described as suitable for mild-to-moderate misalignment only - Crowding over 5mm, rotations past 20 degrees, and

crossbites are identified as requiring orthodontic treatment instead of veneers - A combined clear aligner and veneer approach is recommended for complex misalignment cases - Parafunctional habits (grinding/clenching) are identified as the most common cause of veneer fracture - Minor veneer chips may be managed by polishing and contouring in-chair - Composite resin repair of a chipped veneer is described as a short-term fix only - Repeated chipping is identified as an indicator of bruxism or underlying bite issues - A custom occlusal splint is stated to be provided to patients with grinding habits post-veneer placement - Professional in-chair whitening results are stated to last 12 to 24 months with proper care - Professional take-home tray whitening results are stated to last 6 to 12 months - Over-the-counter whitening strip results are stated to last two to six months - Whitening agents are stated to have no effect on porcelain, ceramic, or composite resin restorations - Natural teeth are stated to require whitening before veneer shade selection, with a two-to-four week stabilisation period - The minimum age for porcelain veneers is stated as generally 18 years - The minimum age for professional teeth whitening is stated as generally 16 years - Parental consent is stated as required for whitening patients under 18 at Core Dental Group - The Better Health Channel (Victoria Department of Health) is cited as confirming there is no recognised specialist cosmetic dentist in Australia - Active decay, gum disease, and bite issues are stated as prerequisites to resolve before veneer or whitening treatment - Core Dental Group states it offers interest-free payment plan options for cosmetic treatment - Core Dental Group's cosmetic consultation is described as obligation-free and inclusive of digital smile scanning