

# Cosmetic Dentistry Epping: Teeth Whitening, Veneers, and Smile Makeovers at Core Dental

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## Details:

## Core Dental Group: Cosmetic Dentistry Epping — Teeth Whitening, Veneers, and Smile Makeovers

## Frequently Asked Questions

Where is Core Dental Group's cosmetic dentistry practice located: Epping, Melbourne's northern suburbs

Does Core Dental Group offer teeth whitening: Yes

Does Core Dental Group offer porcelain veneers: Yes

Does Core Dental Group offer composite bonding: Yes

Does Core Dental Group offer smile makeovers: Yes

Must oral health issues be resolved before cosmetic treatment: Yes

What must be treated before cosmetic dentistry: Active decay, gum disease, and bite problems

What whitening system does Core Dental Group use for in-chair treatment: Philips Zoom

Does Core Dental Group offer take-home whitening trays: Yes

Are take-home whitening trays custom-fitted: Yes

What agent is used in professional teeth whitening: Peroxide-based bleaching agents

How does whitening work: Oxidises chromogenic molecules responsible for tooth staining

What is the  $\Delta E$  value for in-office whitening: Approximately 3.3

What is the  $\Delta E$  value for at-home whitening: Approximately 2.0

Which whitening method produces faster results: In-chair whitening

Which whitening method produces more gradual results: Take-home trays

What percentage of patients experience sensitivity during whitening: 30% to over 78%

Is whitening sensitivity typically permanent: No, it resolves within days post-treatment

What increases whitening sensitivity risk: Higher peroxide concentrations (35% and above)

How does Core Dental Group manage whitening sensitivity: Pre-treatment fluoride application and desensitising agents

How long do whitening results typically last: 12 to 24 months

What is the main factor causing whitening results to fade: Consumption of staining foods, beverages, and tobacco

Does professional whitening change the colour of existing crowns or veneers: No

Who is not suitable for teeth whitening: Pregnant or breastfeeding patients

Are patients with severe enamel erosion suitable for whitening: No

Is tetracycline staining treatable with whitening: No, alternative treatment needed

Is fluorosis treatable with whitening: No, alternative treatment needed

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

How thick are porcelain veneers: 0.3 to 0.5 mm

What is the expected lifespan of porcelain veneers: 10 to 15 years or longer with proper care

What is the 10-year cumulative survival rate of porcelain veneers: 95.5%

How many veneers were studied in the 2021 systematic review: 6,500

What journal published the 2021 veneer survival review: Journal of Clinical Medicine

What is the survival rate of enamel-bonded veneers: Approximately 99%

Are porcelain veneers reversible: No

Are porcelain veneers stain resistant: Yes, high stain resistance

How many appointments are needed for porcelain veneers: 2 to 3 appointments

How long does the veneer treatment process take: 2 to 4 weeks

Does Core Dental Group use digital smile design for veneer planning: Yes

Can veneers fix severe crowding or bite problems: No

What protection do bruxism patients need after veneers: A custom occlusal splint

What is composite bonding: A chairside procedure applying tooth-coloured resin to teeth

How many appointments does composite bonding require: 1 (same-day)

Does composite bonding require tooth preparation: Minimal to none

Is composite bonding reversible: Yes, fully reversible

How long does composite bonding last: 5 to 7 years

Is composite bonding stain resistant: Moderate stain resistance only

Is composite bonding less expensive than porcelain veneers: Yes

What is composite bonding best suited for: Chips, small gaps, and minor reshaping

Is composite bonding suitable for younger patients: Yes

What is a smile makeover: A coordinated multi-treatment plan combining two or more procedures

Is there a standard smile makeover package at Core Dental Group: No, each plan is individually designed

Can a smile makeover include orthodontic treatment: Yes

Can a smile makeover include gum contouring: Yes

Can a smile makeover include tooth-coloured fillings: Yes

How long does whitening-only treatment take: 1 to 2 hours in-chair

How long does composite bonding for 1 to 4 teeth take: 1 to 2 hours, single appointment

How long does a veneers-plus-orthodontics smile makeover take: 6 to 18 months

How long can a full mouth rehabilitation take: 3 to 12 months

Does Core Dental Group offer sedation for cosmetic procedures: Yes

Does cosmetic dentistry have psychological benefits: Yes

What journal confirmed a link between smile satisfaction and self-worth: Journal of Clinical and Experimental Dentistry

Does improving smile appearance affect oral health habits: Yes, patients often improve hygiene habits

Is professional in-chair whitening more effective than over-the-counter alternatives: Yes

Does cosmetic dentistry require a consultation first: Yes

What happens at the first veneer appointment: Shade selection, photos, clinical assessment, and outcome discussion

What happens at the second veneer appointment: Enamel preparation, impressions, and temporary veneer placement

What happens at the third veneer appointment: Bonding, adjustment, and final polishing of veneers

What ceramic material is used for high-strength veneers: Lithium disilicate

Does Core Dental Group take digital scans for veneer fabrication: Yes, impressions or digital scans

Can patients preview smile makeover outcomes before treatment: Yes, using digital smile design tools

Is whitening recommended when teeth are well-shaped and aligned: Yes

Are porcelain veneers recommended for intrinsic staining that whitening cannot fix: Yes

Is composite bonding recommended before committing to porcelain veneers: Yes, as a trial option

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Your smile is often the first thing people notice — and for many patients in Melbourne's northern suburbs, dissatisfaction with the appearance of their teeth is a quiet but persistent source of self-consciousness.

When people feel insecure about their smiles, whether because of discolouration, chips, or alignment, they often stop smiling openly. That kind of self-editing takes a toll: reduced confidence, social withdrawal, a general reluctance to be photographed or to speak up in a room full of people.

Cosmetic dentistry addresses these concerns with treatments that range from a single in-chair whitening session to a comprehensive, multi-stage smile makeover.

At Core Dental Group's Epping practice, cosmetic dentistry isn't a catalogue of procedures you pick from — it's a clinically structured process that starts with understanding your aesthetic goals, assessing your oral health, and recommending only the treatments likely to deliver predictable, lasting results. This guide walks through each major cosmetic treatment available at the Epping practice, the clinical

evidence behind it, and how to figure out which option fits your goals and budget.

> **Important note:** Cosmetic dentistry requires a healthy oral foundation. Before any aesthetic treatment proceeds, Core Dental Group will confirm that active decay, gum disease, or other restorative concerns are addressed first. See our guides on [\[General Dentistry at Epping\]\(link\)](#) and [\[Gum Disease Treatment in Epping\]\(link\)](#) for more on the preventative foundation that underpins safe cosmetic care.

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## ## Why cosmetic dentistry is more than vanity

The psychological case for cosmetic dentistry is well-supported in the peer-reviewed literature.

Research published in the *Journal of Clinical and Experimental Dentistry* found a direct link between smile satisfaction and overall self-worth, confirming that oral appearance has a real influence on psychological wellbeing. Higher self-esteem and body image satisfaction are associated with improved mood and reduced symptoms of depression and anxiety — and patients who feel better about their appearance tend to carry a more positive outlook generally.

There's also a practical downstream effect. Patients who undergo cosmetic dental procedures often report greater motivation to look after their oral health — better hygiene habits, healthier lifestyle choices, a stronger overall commitment to dental care. Investing in your smile frequently produces benefits that extend well beyond aesthetics.

Teeth whitening is the most frequently requested cosmetic dental procedure, but it's really just the entry point of what modern cosmetic dentistry can achieve. The sections below cover each treatment available at Core Dental Group's Epping practice, moving from the most straightforward through to the most clinically involved.

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## ## Professional teeth whitening at Core Dental Group Epping

### ### What is professional teeth whitening?

Professional teeth whitening uses peroxide-based bleaching agents, applied under clinical supervision, to oxidise the chromogenic molecules responsible for tooth staining. Core Dental Group's Epping practice offers both in-chair whitening (including the Philips Zoom system) and custom take-home whitening trays for patients who prefer a more gradual approach at home.

### ### In-chair whitening vs. take-home trays: what the evidence shows

Both in-office and at-home whitening are clinically effective, but they produce different results. Research reports  $\Delta E$  values of around 3.3 for in-office treatment and 2.0 for at-home procedures — in practical terms, in-chair whitening produces a more immediate and dramatic colour change, while take-home trays deliver a more gradual but still meaningful result.

The Philips Zoom system has been independently evaluated alongside other professional-grade products. A comparative ex vivo investigation assessed the Zoom WhiteSpeed system alongside other established professional bleaching agents and found that all tested products demonstrated teeth-brightening effects.

Patients should have realistic expectations around sensitivity. Between 30% and over 78% of patients experience some sensitivity during whitening, though it's typically mild to moderate and resolves within days of treatment. Higher peroxide concentrations — 35% and above — significantly increase sensitivity and the risk of gingival irritation. Core Dental Group's clinical team manages this through pre-treatment fluoride application and, where appropriate, desensitising agents incorporated into the whitening protocol.

### Who is a good candidate for professional whitening?

| Suitable for whitening | May need alternative treatment | |---|---| | Extrinsic stains (coffee, tea, red wine, tobacco) | Tetracycline (antibiotic) staining | | Age-related yellowing | Fluorosis (white/brown spots) | | Generalised surface discolouration | Existing crowns, bridges, or veneers | | Healthy enamel and gums | Severe enamel erosion | | Patients with no active decay | Pregnancy or breastfeeding |

Whitening doesn't alter the colour of existing dental restorations. Patients with crowns or veneers on visible teeth should discuss this with their clinician before proceeding — mismatched shades can result if restorations aren't replaced to match the new tooth colour.

### How long do results last?

Whitening results aren't permanent. Lifestyle factors — particularly staining foods and beverages, and tobacco use — are the main determinants of how quickly colour regresses. Most patients maintain results for 12 to 24 months with periodic top-up treatments using custom take-home trays. Core Dental Group provides custom-fitted trays that allow patients to carry out maintenance whitening at home between in-chair sessions.

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## Porcelain veneers at Core Dental Group Epping

### What are porcelain veneers?

Porcelain veneers (also called porcelain laminate veneers, or PLVs) are ultra-thin ceramic shells — typically 0.3 to 0.5 mm thick — bonded to the front surface of teeth to correct colour, shape, size, or minor positional irregularities. They're one of the most versatile options in cosmetic dentistry, capable of addressing concerns that whitening alone can't resolve: intrinsic staining, worn or chipped edges, uneven tooth sizes, and gaps that don't warrant orthodontic treatment.

Porcelain veneers are durable and highly stain resistant, with a typical lifespan of 10 to 15 years or longer with proper care. They produce a natural appearance but usually require the removal of a thin layer of enamel and come with a higher upfront cost than composite alternatives.

### The clinical evidence for veneer longevity

The survival data for porcelain veneers is among the strongest in cosmetic dentistry.

A systematic review published in the *Journal of Clinical Medicine* (Alenezi et al., 2021) analysed 25 studies comprising 6,500 porcelain laminate veneers and found a 10-year estimated cumulative survival rate of 95.5%. Bonding substrate matters significantly: enamel-bonded veneers had survival rates of approximately 99% (range 98–100%), while veneers bonded to composite resin or surfaces with minimal dentine exposure showed slightly lower rates.

This has a direct clinical implication. Preserving as much natural enamel as possible during preparation isn't just a conservative principle — it's a primary driver of long-term success. High-strength ceramics like lithium disilicate provide the toughness needed to withstand daily biting forces whilst maintaining natural translucency, and conservative preparation (removing just 0.3 to 0.5 mm of enamel) ensures a strong, durable bond without unnecessarily compromising tooth structure.

### The veneer treatment timeline at Core Dental Group Epping

A standard porcelain veneer treatment at Core Dental Group's Epping practice typically involves three appointments across 2 to 4 weeks:

1. **Consultation and planning** — Shade selection, diagnostic photographs, discussion of desired outcomes, and a clinical assessment of enamel quality and gum health. Digital smile design tools allow patients to preview proposed outcomes before any tooth preparation begins.
2. **Preparation and**

impressions\*\* — A conservative amount of enamel is removed from the front surface of each tooth. Impressions or digital scans are taken and sent to a dental laboratory. Temporary veneers are placed to protect the teeth during the fabrication period, which typically takes one to two weeks. 3. \*\*Bonding appointment\*\* — The completed porcelain veneers are tried in for colour and fit, adjusted as needed, and permanently bonded using a light-cured resin cement. Final polishing completes the appointment.

### ### What veneers cannot fix

Veneers are a cosmetic solution — they don't correct bite problems, severe crowding, or significant tooth misalignment. Patients with these concerns may need orthodontic treatment first (see our guide on [Invisalign and Orthodontics in Epping](link)) before veneers are placed. Patients who grind their teeth are typically fitted with a custom occlusal splint to protect veneers after placement (see our guide on [Mouthguards, Occlusal Splints, and Snoring Devices in Epping](link)).

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## ## Composite bonding at Core Dental Group Epping

### ### What is composite bonding?

Composite resin bonding is a direct, chairside procedure in which a tooth-coloured resin material is applied, sculpted, and polished onto the tooth surface in a single appointment. It's used to repair chips, close small gaps (diastemas), reshape irregular teeth, and mask surface discolouration. Unlike porcelain veneers, composite bonding requires minimal or no tooth preparation and is fully reversible.

Composite resin veneers are a more affordable option that can often be placed in a single visit. They are less durable than porcelain, more prone to staining and chipping, and typically last 5 to 7 years.

### ### Composite bonding vs. porcelain veneers: a direct comparison

Feature   Composite bonding   Porcelain veneers    --- --- ---
Appointments required   1 (same-day)   2–3 over 2–4 weeks
Tooth preparation   Minimal to none   Minimal enamel removal
Reversibility   Fully reversible   Irreversible
Longevity   5–7 years   10–15+ years
Stain resistance   Moderate   High
Cost   Lower   Higher
Best for   Chips, small gaps, minor reshaping   Comprehensive colour and shape correction

Composite bonding is a strong option for younger patients, those with a more limited budget, or those who want to trial an aesthetic outcome before committing to porcelain veneers. It's also the preferred choice when tooth preparation would be clinically inadvisable.

The evidence supports anterior composite as a viable short- to medium-term solution. Direct resin composites are considered clinically and cost-effective when managing localised anterior tooth concerns.

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## ## Full smile makeovers at Core Dental Group Epping

### ### What is a smile makeover?

A smile makeover is a coordinated, multi-treatment plan that combines two or more cosmetic — and sometimes restorative — procedures to comprehensively transform the appearance of a patient's smile. At Core Dental Group's Epping practice, smile makeovers are individually designed because each patient's dental anatomy, facial proportions, and aesthetic goals are different. There's no standard package.

A smile makeover may combine: - Professional whitening (to establish the desired base shade) - Porcelain veneers or composite bonding (to reshape and resurface teeth) - Tooth-coloured composite fillings (to replace old silver amalgam restorations) - Gum contouring (to correct a "gummy smile" or

uneven gum line) - Orthodontic alignment via Invisalign (where spacing or crowding requires correction before restorations) - Crown placement for structurally compromised teeth (see our guide on [Crowns, Bridges, and Dentures in Epping](link))

### ### Digital smile design: planning before you commit

Digital smile design tools allow the clinical team to create personalised treatment plans using digital images, wax-up models, and 3D imaging. Patients can see a realistic preview of their proposed smile transformation before any irreversible treatment begins — which makes it considerably easier to align expectations and refine the plan before committing.

Core Dental Group uses this approach as standard for veneer and smile makeover planning.

### ### Smile makeover timelines: what to expect

The duration of a smile makeover depends entirely on the treatments involved:

- **Whitening only:** 1–2 hours (in-chair) or 2–4 weeks (take-home trays) - **Composite bonding (1–4 teeth):** 1–2 hours, single appointment - **Porcelain veneers (4–8 teeth):** 3 appointments over 2–4 weeks - **Veneers + orthodontics:** 6–18 months (orthodontics first, then veneers) - **Full mouth rehabilitation:** 3–12 months depending on complexity

Patients with significant dental anxiety should know that Core Dental Group's Epping practice offers sedation options that make even multi-stage smile makeovers manageable — see our guide on [Dental Anxiety in Epping](link) for a full overview of the practice's anxiety management protocols.

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### ## Choosing the right cosmetic treatment: a decision framework

The following framework helps prospective patients identify the most appropriate starting point for their cosmetic goals:

**Start with whitening if:** - Your main concern is tooth colour or staining - Your teeth are well-shaped and properly aligned - You want a non-invasive, reversible treatment - Your budget is limited

**Consider composite bonding if:** - You have chips, small gaps, or minor shape irregularities - You want a same-day result without tooth preparation - You are under 25 and your smile is still maturing - You want to trial an aesthetic result before committing to veneers

**Porcelain veneers are the right fit if:** - Whitening alone can't achieve your desired shade (e.g., intrinsic staining) - You have multiple shape, size, or colour concerns across the front teeth - You want a long-term solution with strong stain resistance - You have sufficient enamel for conservative preparation

**A full smile makeover makes sense if:** - Multiple concerns — colour, shape, alignment, missing teeth — are present at the same time - You have a specific aesthetic outcome in mind that calls for coordinated treatment planning - You're ready to invest in a staged, multi-appointment process

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### ## Key takeaways

- Professional in-chair whitening systems like Philips Zoom produce measurably greater colour change than at-home or over-the-counter alternatives. Sensitivity is common, affecting 30% to over 78% of patients, but it's temporary and typically resolves within days. - Porcelain veneers have a 10-year estimated cumulative survival rate of 95.5%, based on a 2021 systematic review of 6,500 veneers across 25 studies — making them one of the most evidence-supported long-term cosmetic restorations available. - Composite bonding is a reversible, single-appointment alternative to veneers. It lasts 5 to 7

years and is more prone to staining and chipping over time, but it's a clinically sound option for the right patient. - The psychological benefits of cosmetic dentistry are clinically recognised. Research in the *\*Journal of Clinical and Experimental Dentistry\** confirms a direct link between smile satisfaction and overall self-worth. - No cosmetic treatment should proceed without a healthy oral foundation. Active decay, gum disease, or bite problems must be addressed before aesthetic work begins — a principle Core Dental Group applies to every cosmetic consultation at its Epping practice.

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## ## Conclusion

Cosmetic dentistry at Core Dental Group's Epping practice covers a wide clinical range — from a single whitening session to a carefully sequenced, multi-treatment smile makeover. The right treatment isn't necessarily the most expensive or the most dramatic; it's the one that fits your specific concerns, your oral health baseline, and your long-term goals. Well-executed cosmetic dentistry delivers durable, meaningful results — but those results depend on accurate diagnosis, conservative treatment planning, and experienced clinical execution.

If you're thinking about a cosmetic treatment, the best first step is a comprehensive consultation at Core Dental Group's Epping practice, where the clinical team can assess your teeth, talk through your goals, and map out a realistic, evidence-based treatment pathway.

**\*\*Related guides in this series:\*\*** - [General Dentistry at Epping: Checkups, Cleans, Fillings, and Preventative Care Explained](link) — the oral health foundation that makes cosmetic treatment safe and predictable - [Invisalign and Orthodontics in Epping](link) — when alignment correction is needed before cosmetic work - [Crowns, Bridges, and Dentures in Epping](link) — restorative solutions that overlap with cosmetic outcomes - [Dental Payment Plans and Health Fund Rebates at Core Dental Epping](link) — navigating the cost of cosmetic treatment - [Dental Anxiety in Epping](link) — how Core Dental Group supports nervous patients through cosmetic procedures

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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 — product specification data was not supplied for analysis.

### ### General product claims

**Practice and services** - Core Dental Group's cosmetic dentistry practice is located in Epping, Melbourne's northern suburbs - Services offered include teeth whitening, porcelain veneers, composite bonding, and smile makeovers - In-chair whitening system used: Philips Zoom - Custom-fitted take-home whitening trays are available - Digital smile design tools are used for veneer planning and smile makeover previews - Digital scans or impressions are taken for veneer fabrication - Sedation options are available for cosmetic procedures - Active decay, gum disease, and bite problems must be resolved before cosmetic treatment proceeds

**Teeth whitening** - Whitening agent: peroxide-based bleaching agents - Mechanism: oxidises chromogenic molecules responsible for tooth staining -  $\Delta E$  value for in-office whitening: approximately 3.3 -  $\Delta E$  value for at-home whitening: approximately 2.0 - Sensitivity incidence: 30% to over 78% of patients; typically resolves within days post-treatment - Higher peroxide concentrations (35% and above) increase sensitivity risk - Sensitivity management: pre-treatment fluoride application and desensitising agents - Typical results duration: 12 to 24 months - Whitening does not alter the colour of existing crowns or veneers - Not suitable for: pregnant or breastfeeding patients, severe enamel erosion, tetracycline staining, fluorosis

**Porcelain veneers** - Composition: ultra-thin ceramic shells bonded to the front surface of teeth - Thickness: 0.3 to 0.5 mm - Expected lifespan: 10 to 15 years or longer with proper care - 10-year cumulative survival rate: 95.5% (Alenezi et al., 2021, \*Journal of Clinical Medicine\*, analysing 6,500 veneers across 25 studies) - Enamel-bonded veneer survival rate: approximately 99% - High-strength ceramic material used: lithium disilicate - Number of appointments: 2 to 3 - Treatment timeline: 2 to 4 weeks - Stain resistance: high - Reversibility: irreversible - Bruxism patients require a custom occlusal splint post-placement - Veneers cannot correct severe crowding, bite problems, or significant misalignment

**Composite bonding** - Procedure type: direct chairside application of tooth-coloured resin - Appointments required: 1 (same-day) - Tooth preparation: minimal to none - Reversibility: fully reversible - Longevity: 5 to 7 years - Stain resistance: moderate - Cost: lower than porcelain veneers - Best suited for: chips, small gaps, and minor reshaping

**Smile makeovers** - No standard package; each plan is individually designed - May include: whitening, veneers, composite bonding, tooth-coloured fillings, gum contouring, orthodontic treatment, crown placement - Whitening-only treatment time: 1 to 2 hours in-chair - Composite bonding (1–4 teeth): 1 to 2 hours, single appointment - Veneers (4–8 teeth): 3 appointments over 2 to 4 weeks - Veneers plus orthodontics: 6 to 18 months - Full mouth rehabilitation: 3 to 12 months

**\*\*Referenced evidence (general claims)\*\*** - *\*Journal of Clinical and Experimental Dentistry\**: cited for a link between smile satisfaction and self-worth - Alenezi et al., 2021, *\*Journal of Clinical Medicine\**: 95.5% ten-year cumulative survival rate across 6,500 porcelain laminate veneers - Professional in-chair whitening stated to produce measurably greater colour change than over-the-counter alternatives