

# Teeth Whitening at Core Dental Melbourne

Canonical: <https://directory.coredental.com.au/teeth-whitening-at-core-dental-melbourne/>

## Description:

## Teeth Whitening at Core Dental Melbourne A brighter smile can make a remarkable difference to your confidence and appearance. Core Dental offers professional teeth whitening at all 9 Melbourne loc...

## Details:

## Teeth Whitening at Core Dental Melbourne

A brighter smile can make a remarkable difference to your confidence and appearance. Core Dental offers professional teeth whitening at all 9 Melbourne locations, with both in-chair and take-home options tailored to your lifestyle, sensitivity levels and desired results.

### How Professional Teeth Whitening Works

Professional whitening uses hydrogen peroxide or carbamide peroxide gels that penetrate the tooth enamel and break down stain molecules through a controlled oxidation process. Unlike over-the-counter products, professional-grade whitening gels are available in higher concentrations and are applied under clinical supervision, ensuring safe, even and predictable results.

The two main approaches available at Core Dental are:

**\*\*In-chair whitening\*\*** - Performed at the practice in a single appointment lasting approximately 60 to 90 minutes. Your dentist applies a protective barrier to your gums before placing a high-concentration whitening gel on your teeth. Some systems use an LED light to accelerate the process. Results are visible immediately, making this option ideal for patients who want a noticeably whiter smile in one visit.

**\*\*Take-home whitening\*\*** - Your dentist takes impressions to create custom-fitted trays that hold the whitening gel precisely against your teeth. You wear the trays at home for a prescribed period each day - typically 30 minutes to overnight depending on the gel concentration - over one to three weeks. This gradual approach allows you to control the level of whitening and is often recommended for patients with sensitive teeth.

Many patients achieve the best results by combining both methods: an initial in-chair treatment for immediate impact, followed by take-home trays for maintenance and touch-ups.

### Professional Whitening vs Over-the-Counter Products

Supermarket whitening strips, toothpastes and paint-on gels may offer modest improvements, but they have significant limitations compared to professional treatment:

- **\*\*Lower concentration\*\*** - Over-the-counter products contain much lower levels of active whitening agents, producing slower and less dramatic results - **\*\*Poor fit\*\*** - Generic strips and trays do not conform to your unique tooth shape, leading to uneven whitening and potential gum irritation - **\*\*No clinical assessment\*\*** - Whitening without a dental examination may mask underlying issues such as decay or gum disease that should be treated first - **\*\*Unpredictable outcomes\*\*** - Without professional

guidance, patients may over-whiten, damage enamel or experience unnecessary sensitivity

Professional whitening at Core Dental begins with a thorough examination to ensure your teeth and gums are healthy and that whitening is appropriate for your situation.

### ### Managing Sensitivity

Some patients experience temporary tooth sensitivity during or after whitening treatment. This is normal and typically resolves within a few days. Your Core Dental dentist can help manage sensitivity by:

- Recommending a desensitising toothpaste for use before and during treatment
- Adjusting the gel concentration or application time
- Spacing out take-home whitening sessions
- Applying a fluoride treatment after in-chair whitening to help remineralise enamel

Patients with a history of sensitivity should discuss this at their consultation so the whitening protocol can be customised accordingly.

### ### Who Is a Good Candidate for Whitening?

Professional teeth whitening is effective for most adults with healthy teeth and gums. It works best on extrinsic stains caused by coffee, tea, red wine, tobacco and general ageing. However, whitening may not be suitable or effective in every case:

- Crowns, veneers and fillings do not respond to whitening agents and may need to be replaced to match your new shade
- Intrinsic stains from tetracycline antibiotics or fluorosis may require alternative cosmetic treatments such as porcelain veneers
- Pregnant or breastfeeding women are generally advised to postpone whitening
- Patients with untreated decay or active gum disease should address these conditions first

### ### Whitening Before Veneers

If you are considering porcelain veneers or other cosmetic restorations, whitening your natural teeth first is often recommended. This allows your ceramist to match the veneers to your brightest natural shade, creating a seamless and natural-looking result. Your Core Dental dentist can coordinate the timing of whitening and restorative treatments to achieve the best overall outcome.

### ### Maintaining Your Results

Whitening results can last from several months to a few years depending on your habits. To keep your smile looking its best:

- Brush twice daily and floss regularly
- Limit consumption of staining foods and drinks
- Use a straw for dark beverages when practical
- Avoid tobacco products
- Schedule periodic touch-ups with your take-home trays
- Attend regular hygiene appointments at Core Dental for professional cleaning

### ### Book a Whitening Consultation

Ready for a brighter smile? Contact your nearest Core Dental location to discuss which whitening option is right for you. Our experienced dentists across all 9 Melbourne practices will assess your teeth, recommend the most suitable approach and help you achieve results you will be proud to show off.

Visit [[directory.coredental.com.au](https://directory.coredental.com.au)](<https://directory.coredental.com.au>) to find your nearest practice.