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Smile beautifully.

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Tooth Whitening
at Elleven

Why whiten my teeth?

Tooth Whitening is minimally invasive, safe and a rewarding treatment for anyone displaying tooth discolouration or with darker teeth than they would like.

What is the first step?

All whitening treatments begin with a thorough pre-operative assessment to understand your dental history, degree and type of staining and any lifestyle factors that may influence treatment choice and results.

After the clinician's assessment, all appropriate whitening treatment options are offered and discussed so that the best mode of tooth whitening is chosen.

Will it work?

All natural teeth WILL whiten, but some teeth will whiten faster than others, which is why understanding the nature of tooth colour and staining is so important.

When is the best time to whiten my teeth?

Clean teeth will respond better to tooth whitening treatments, so commencing tooth whitening after a dental hygiene session is recommended. Immediately post-orthodontic treatment is also an ideal time to whiten your teeth and make the most of your new smile. Even if you have whitened your teeth previously they may need a "top up" to bring them back to their brightest.

Is it safe?

Tooth whitening supervised by your dentist is completely safe and will not cause damage or weakening of your tooth enamel. Our in-house whitening actually remineralises your enamel with nano-hydroxyapatite, making your teeth stronger and less sensitive.

What whitening options are available?

Tooth whitening can be performed in-house or in the comfort of your home. There are many factors which may influence why one technique is better for you and your teeth. During your initial whitening consultation we will explore the time and treatment commitments as well as the likely results for all of our whitening treatments, this will make choosing the right one for very easy.

How tooth whitening works:

Enamel and dentine are porous and semi-permeable materials, like a sponge, so the peroxide gel is able to diffuse through them. As bleaching gel starts to degrade it reacts with pigment molecules within the tooth, which alters the optical properties of these molecules and thus creates the perception of a whiter tooth.

How white will my teeth go?

Most people achieve B1 shade (the lightest natural tooth shade) and a large proportion will whiten further.



How long will it take?

In-house whitening is completed in a 1.5 hour session and home whitening is usually performed over 2-4 weeks.

How long will it last?

If you follow our recommended home maintenance regime you will continue to keep your new, whiter smile for as long as you continue with treatment. Without any maintenance your whitening will last 2-5 years and will gradually fade over time. This time period is dependent largely on your lifestyle. Avoid smoking and coloured food and drink.

Contra-indications:

- Existing restorations on front teeth which won't whiten, unless these are planned for replacement after treatment.
- Active dental decay and gum disease
- Pregnancy and breast feeding

Can repeated whitening weaken my teeth? How often is it safe to do?

Since dentists first introduced tooth whitening with hydrogen peroxide literally millions of people have had this treatment, studies have proved it is safe and does not weaken teeth. Repeated whitening is safe, however, each tooth has a maximum whiteness beyond which it will not lighten further.

Please note that you should continue seeing your general dentist for check ups and hygiene EVERY 6 months.