



Carla Lejarraga | Smile Dental

## tooth lightening

When you want a smile that shines,  
but whitening isn't the solution.



You've no doubt heard a lot about professional tooth 'whitening', where a specially prescribed bleaching agent is applied to your teeth – either by your dentist or hygienist using an activating light or laser system, or by yourself at home using customised applicator trays. The technique delivers excellent results for people with discoloured teeth, or for those simply wanting an overall brightening of their smile. But what about when your smile is compromised, not so much by the colour of the tooth enamel, but by tiny grooves and undulations in the surface of your teeth? Or when procedures such as orthodontic treatment, or conditions such as fluorosis, leave white spots or a mottled appearance on the tooth surface?

Tooth 'lightening' is an effective new alternative to bleaching or whitening and it's been developed right here in Queensland! The technique can deliver excellent results in the many situations where bleaching isn't suitable and is the initiative of Brisbane professor Lawrence Walsh. Professor Walsh is the head of dentistry at the University of Queensland and something of a guru in the world of tooth whitening.

Rather than using a whitening agent to alter the colour of the tooth enamel, tooth 'lightening' uses micro-abrasion to polish and smooth the surface of your teeth. A smoother tooth surface reflects more light, which makes your teeth appear brighter.

But it doesn't end there. Tooth lightening works in two stages, kind of like shampooing and conditioning do for your hair. The second stage of the

tooth lightening procedure involves the application of a special mineralised gel, which effectively moisturises and conditions the tooth enamel. This strengthens the surface of your teeth, making them more resistant to acid erosion and discolouration. It also adds to the reflective effect of the polishing. Overall, the result is a more consistent, reflective and stable tooth surface – a smile that truly shines.

Tooth lightening is ideal for adolescents, pregnant women, those who've had orthodontic treatment or who have teeth with irregular surfaces. It's also a great solution if you have teeth with white spots or mottling or that are prone to acid erosion. It's quick, comfortable, long-lasting and delivers both cosmetic and health benefits.

**Material supplied by Carla Lejarraga, dental hygienist at Smile Dental. [www.smiledental.com.au](http://www.smiledental.com.au)**