Tooth lightening

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

It's not just the colour of your tooth enamel that makes the whiteness or brightness of your smile. The texture of tooth surface also plays a part. Tiny grooves and undulations in the surface of the teeth can take the shine of your smile. As can white spots or mottling-sometimes left behind after orthodontic treatment or conditions such as fluorosis.

Tooth "lightening" is an effective alternative to bleaching or whitening-and it has been developed right here in Queensland! The technique can deliver excellent results in the many situations where bleaching isn't suitable. It was developed by Brisbane's Professor Lawrence Walsh-head of dentistry at UQ, 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 smoothen the surface of the tooth. A smoother tooth surface reflects more light-thus making the teeth appear lighter.

But it doesn't end there. Tooth lightening works in two stages-sort of like shampooing and conditioning do for your hair.

The procedure also involves the application of a special mineralised gel, which effectively "moisturises and conditions" the tooth enamel-strengthening the tooth surface and making it more resistant to acid erosion and discolouration. This also adds to the reflective effect of the polishing.

The tooth lightening procedure is ideal for:
• adolescents
• pregnant women
• after orthodontic treatment
• teeth with irregular surfaces
• teeth with white spots or mottling
• teeth prone to acid erosion

Altogether, tooth lightening creates a smoother, more consistent, more reflective and more stable tooth surface. In short, a smile that truly shines. The procedure is quick, comfortable, conservative and long-lasting. And it delivers both cosmetic and health benefits.

See also ...

- Duo column: Tooth lightening: whitening isn't the solution