

## Everything You Need To Know About Teeth Whitening in Melbourne

Your appearance and self-esteem can both benefit from a brilliant, white smile. Teeth whitening is a useful method to bring back the original colour of your teeth if they have gotten discoloured or yellowed with time. As a cosmetic procedure, [teeth whitening in Melbourne](#) has become more and more popular. It can be done professionally at the dentist's office or home with kits. Continue reading to know more about teeth whitening procedures, advantages, and reasons to consider Melbourne teeth whitening service.

## What is Teeth Whitening?

**Teeth whitening** attempts to lighten the colour of your teeth by removing accumulated stains and discolouration. Our teeth's outer enamel layer frequently becomes discoloured as we age due to regular activities like smoking, eating, and drinking. Bleach or hydrogen peroxide is used in teeth-whitening products and procedures to break through this upper layer and lighten the natural colour underneath. Teeth seem whiter and brighter once the stained layer is removed.

## How Does the Process Work?

When it comes to professional teeth whitening, there are two primary methods:

**In-Office Professional Treatments:** Professional teeth whitening procedures done in the comfort of your dentist's chair are the quickest route to noticeable whitening results. A gum shield is applied to keep your gums safe. The teeth are next cleansed to get them ready to receive a powerful hydrogen peroxide gel application.

The teeth are exposed to a specific type of light for 20 to 30 minutes to activate the whitening gel. Stains can be lightened by up to ten shades in one to three rigorous sessions. As the peroxide dissolves surface stains, you can temporarily notice some sensitivity in your teeth; however, this will go away in a few days.

**At-Home Options:** Dentists can provide personalised whitening trays and syringes loaded with lower-concentration hydrogen peroxide gel to take home for more gradual whitening. Depending on the desired level of whitening, you use the trays and gel for 30 to 60 minutes a day for one to two weeks. It can make your smile up to six shades lighter when done correctly.

## Benefits of Teeth Whitening

The advantages of professional **teeth whitening in Melbourne** range from slightly enhancing your smile to drastically changing your appearance. These benefits include:

**Non-Invasive Procedure:** Whitening teeth is a non-invasive cosmetic procedure that doesn't include needles, drills, or anaesthetic. The gel is merely applied externally, to remove stains

from the teeth. It indicates that the process is fully reversible and there is no damage to the tooth's structure.

**Improved Aesthetics:** A whiter, brighter smile can make you look years younger. According to the **BlueSpa Dental** expert dentists, teeth whitening is one of the most popular aesthetic procedures and it significantly raises self-esteem.

**Quick Results:** Although in-office whitening techniques yield apparent benefits within one to two weeks of daily use, at-home whitening also produces rapid results following each powerful light-activated session.

**Customisable Options:** Because each person's teeth and lifestyle are unique, individualised treatment regimens are made possible by teeth whitening. Anything from two weeks of moderate at-home whitening regimens to thirty-minute in-office power whitening procedures are available.

## Why Choose BlueSpa Dental for Teeth Whitening?

Dr. Leonida Cartas and her staff at BlueSpa Dental are experts in preventative and cosmetic dentistry, with an emphasis on patient comfort. We provide veneers, dental implants, Invisalign, and tooth whitening, among other general, restorative, and cosmetic procedures. Make an appointment for a consultation to go over your best alternatives for getting a whiter, more self-assured smile by calling **BlueSpa Dental** at **(03) 8657 9417**.

## Schedule Your Teeth Whitening Appointment Today!

A skilled dentist can safely and efficiently lighten your teeth up to ten shades whiter with teeth whitening. Even though quick professional whitening sessions yield noticeable results, at-home care keeps your newly white teeth bright. For additional information on custom teeth whitening alternatives, get in touch with [BlueSpa Dental](#).