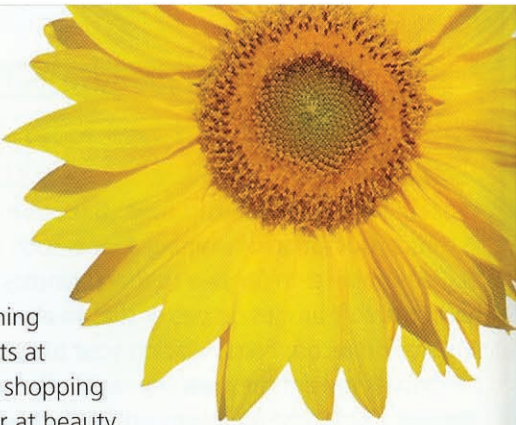




WHITER, BRIGHTER TEETH IN... 60 MINUTES



Professional whitening gives a dazzling smile, and bonding will hide those imperfections.

■ A professional whitening treatment will give the most effective results. Dr Cary Fraser, of Sydney's Bay Dental & Orthodontics in Double Bay, uses the Sapphire Whitening System. "We have an 'in-the-chair' system that costs around \$850, and a 'take-home' system, which requires custom-made trays, for \$250. For the best results, we recommend a combination of both. The in-the-chair treatment is a one-off, whereas you use the take-home system for three minutes a day for one or two weeks, depending on how white you want your teeth."

Sydney's Dr Michael Finkelstein also offers two whitening systems. "For the take-home treatment we create moulds of the mouth to make trays for the teeth. We give the patient two or three tubes of bleaching gel and teach them how to use it. They need to use it for about 35 minutes during the day. We use Discus Dental and Opalescence, and they cost around \$450."

Dr Finkelstein also uses the Zoom! in-the-chair system. "It's a one-hour treatment and we've had fabulous results over the years," he says. "For around \$1000 we do the treatment in the chair and offer take-home kits, including trays and gel, for maintenance."

■ Whitening treatments at stands in shopping centres or at beauty salons without the supervision of dentists might be a cheaper option, but you may be risking a lack of expertise. GlamSmile's Dr Yvonne King warns, "The Australian Dental Association are not happy about these kiosks. You'll be fine as long as everything is OK, but you don't know how well-trained these people are or how well equipped they are to handle complications." If you go ahead, prices start at around \$170 for one treatment.

■ Bonding, in which your dentist sculpts tooth-coloured resin over existing teeth, can conceal imperfections such as spacing, chips and stains. Your smile looks straighter and more balanced and you can build out the back teeth to give the appearance of more chiselled cheekbones. Bonded resins are simple to re-polish and replace when they eventually discolour. "You can change the colour of the tooth with bonding, but it's a temporary procedure which I use only for financial reasons," says Dr Sandra Short. "After two years, you start to see stains and chips and they do wear down readily." For resin bonding, you'll pay anything between \$500 and \$900 per tooth.

'For around \$1000 we do the Zoom! treatment in the chair and offer take-home kits for maintenance'



SMILE



WHITER, BRIGHTER TEETH IN... 2 HOURS



Dental implants will replace missing teeth, while GlamSmile veneers involve no needles.

■ Dental implants are titanium rods which are threaded into the jaw to replace missing teeth, with crowns then cemented over them – usually some months later. However, technology now allows for implants to be inserted as soon as the tooth is extracted.

Dr Michael Finkelstein says, "Deciding when to insert the implants depends on the amount of bone at the extraction and also if there is any infection and where the tooth is in the mouth. The products and knowledge have improved and that's why, in some cases, implants can be inserted as soon as a tooth is extracted."

"The procedure is a lot easier if we're inserting the implant immediately. We remove the tooth and, if the amount of bone is right and there is no infection, we screw a titanium screw into the site of the tooth. If it's a front tooth, we may not be inclined to go in straight away, but we will if it's a back tooth. You've got aesthetics to consider with the front teeth."

Dr Finkelstein adds that the cost of implants ranges between \$5000 and \$8000 per tooth.

■ GlamSmile porcelain veneers, which are thinner than traditional veneers, can be placed after two one-hour dental visits. The first is for a consultation, 'before' photos and an impression of your teeth. The veneers are placed during your second visit, usually three weeks later. In most cases, patients don't require painful removal of healthy teeth, which means no needles, anaesthesia or drills. Not only will the veneers whiten severely stained and discoloured teeth, they can change the shape, size and alignment of your teeth.

GlamSmile's Dr Yvonne King says there are three systems – GlamSmile, GlamSmile Plus and GlamSmile Platinum, with the Plus and Platinum ranges offering greater aesthetic intricacy. She advises patients to ask their dentist for 'before' and 'after' shots of previous work. "A dentist needs to find out what result the patient is after, what really bothers them about their smile and the end result they want. We must inform the patient of all their options, the advantages and disadvantages and possible consequences of their decision." The basic GlamSmile range costs from \$5000 for the upper set, GlamSmile Plus costs between \$6500 and \$7000, and GlamSmile Platinum costs between \$8000 and \$10,000. "It depends how much work is required beforehand," says Dr King.



BEFORE

AFTER

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