



# Teeth Whitening

**Don't trust your smile to anyone but a qualified dentist.  
Your teeth need to be brightened safely using the latest technologies.**

## About

We can either whiten your teeth right here at our practice in one quick visit or you can apply a course of treatments yourself in the privacy of your own home.

## Whitening in our Dental Practice

This is a quick and easy treatment which takes about an hour to complete under the supervision of a dentist. A strong bleaching gel is applied to your teeth which enables up to 5 shades whiter teeth in less time than it takes to watch your favourite movie. In fact, you can lie back and watch a tv show or movie from our ceiling entertainment systems.

## Home Whitening Treatments

Whitening your teeth at home involves wearing a thin plastic tray, which is moulded to your teeth by the dentist. These trays hold a bleaching agent against the surface of your teeth. Spending only 45 minutes a day you can have your teeth 4 - 5 shades whiter within 7 - 14 days.

At Paramount Dental Sydney we use the best medical grade bleaching agent, Opalescence.

## Only Allow a Dentist to Whiten Your Teeth

If the person administering treatment to you is not medically qualified, they can cause further damage to existing problems and also damage enamel.