

Table 1 – Summary of bleaching techniques for “alive” teeth

	Where do you get this done?	Basic procedure	Time taken to notice results	Is it right for you?	Approximate costs
Home bleaching	<ul style="list-style-type: none"> - The trays and bleaching agent are given to you by your dentist. - You apply the bleach into the trays in the comfort of your own home. 	<ul style="list-style-type: none"> - Impressions are taken; bleaching trays are made especially for your mouth. - Bleaching agent is applied into the trays and then you put the trays in your mouth and leave them for the length of time advised by your dentist. 	<ul style="list-style-type: none"> - 15mins – hours each time you place the trays in. - You may have to place the trays in your mouth more than once a day. - About 20 minutes (two 10 minute appointments) are required at the dental clinic to make your trays and explain how to use the home bleaching kit. 	<ul style="list-style-type: none"> - It usually takes several weeks to see a noticeable difference. - The amount of sensitivity depends on how long you use it, the bleaching agent and whether you suffer from sensitive teeth or not. - Generally sensitivity is much less than that of power bleaching. 	Treatment costs are usually between \$AU 150-\$AU300 per arch (jaw – upper and lower).
Assisted bleaching	<ul style="list-style-type: none"> - The trays and bleaching agent are given to you by your dentist. - The dentist then places the trays into your mouth with a bleaching agent, and then the dentist may use a light to help whiten your teeth. - It is essentially the same procedure as home bleaching but it is completed in the dental clinic. 	<ul style="list-style-type: none"> - Impressions are taken; bleaching trays are made especially for your mouth. - Bleaching agent is applied into the trays and then the dentist puts the trays in your mouth and leaves them. - Sometimes a light is used to help whiten your teeth. 	<ul style="list-style-type: none"> - 15mins – 30 mins each time you place the trays in. - The dentist may have to reapply the bleach more than once. - About 20 minutes (two 10 minute appointments) are required at the dental clinic to make your trays as well. - It is better to then go home and use the trays and bleach. 	<ul style="list-style-type: none"> - It usually takes several weeks to see a noticeable difference. - The amount of sensitivity depends on how long you use it, the bleaching agent, and whether you suffer from sensitive teeth or not. - Usually sensitivity is much less than that of power bleaching, but more than home bleaching as the concentrations of the bleach are higher. 	Treatment costs are usually between \$AU250 -\$AU500 per arch.
Power bleaching	<ul style="list-style-type: none"> - This is all done at the dental surgery 	<ul style="list-style-type: none"> - First the teeth are protected. - Bleaching agent is then applied two or three times. - Once finished, usually you are recommended to use the home bleach. 	<ul style="list-style-type: none"> - Takes between 60-90 minutes to complete bleaching. - May require more than one appointment, but usually one appointment suffices. 	<ul style="list-style-type: none"> - Can cause sensitive teeth easily due to high concentrations of bleaching agent. - Has variable results. - The big advantage of power bleaching is that you generally see the results straight away. 	Treatment costs around \$AU30-\$AU50 per tooth. Often requires home bleaching as well.