<table>
<thead>
<tr>
<th>Where do you get this done?</th>
<th>Basic procedure</th>
<th>Time taken to notice results</th>
<th>Is it right for you?</th>
<th>Approximate costs</th>
</tr>
</thead>
</table>
| **Home bleaching**          | - 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.  
- 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.  
- 15mins – hours each time you place the trays in.  
- 15mins – 30 mins each time you place the trays in.  
- The amount of sensitivity depends on how long you use it, the bleaching agent and whether you suffer from sensitive teeth or not.  
- It usually takes several weeks to see a noticeable difference. |  
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- Treatment costs are usually between $AU 150-$AU300 per arch (jaw – upper and lower). |
| **Assisted bleaching**       | - 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.  
- 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.  
- It is better to then go home and use the trays and bleach.  
- It is completed in the dental clinic.  
- 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. |  
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- Treatment costs are usually between $AU250-$AU500 per arch. |
| **Power bleaching**          | - This is all done at the dental surgery  
- 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.  
- Takes between 60-90 minutes to complete bleaching.  
- May require more than one appointment, but usually one appointment suffices. |  
- 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. |