



SYDNEY HOLISTIC Dental Centre

Sydney Holistic Dental Centre Explains the Value of Holistic Teeth Whitening

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Sydney Holistic Dental Centre, a dental office in Sydney, NSW, Australia, believes in the importance of holistic teeth whitening or the application of the holistic approach to the process of whitening teeth. This is a non-invasive, low-risk process and regarded as a relatively safe procedure, especially when performed under the supervision of a dentist. Nevertheless, this Sydney dental office is focused on applying holistic principles to their procedures because the health of a person's teeth is related to the health of the whole body. While teeth whitening is suitable for most people, the dental professionals at Sydney Holistic Dental Centre will first make sure that major dental problems, such as tooth decay, periodontal disease, etc., have been treated first before the teeth whitening treatment is provided.

One thing to look out for in teeth whitening is that some patients may have sensitive teeth and gums and experience some discomfort during the treatment. This procedure is not recommended for those who are less than 15 years old and lactating or pregnant women. They will also not recommend the use of whitening systems where the whitening gels have to be used overnight.

Robyn Farley, Practice Manager at Sydney Holistic Dental Centre, says, "Consulting your dental professional

is always the first step to whitening your teeth safely. Over-the-counter tooth whitening strips, brush-on gels and toothpastes can take weeks or months to whiten your teeth just a few shades and may damage tooth enamel. Professional tooth whitening provides the quickest and safest tooth whitening. You can trust that a professional is looking after you and using trustworthy products from reputable sources. Further, the custom-made whitening trays are extremely important to achieving the optimal result. This is done in-house by our professional team.?

For safe teeth whitening, Sydney Holistic Dental Centre has two treatment options. One is at-home teeth whitening. This allows the individual to whiten teeth at home and the desired results are typically achieved within one to two weeks. It usually requires wearing lower and upper teeth whitening trays that contain the whitening gel, for about 60 minutes. If the individual has sensitivity problems, the duration may be shortened to just 30 minutes.

The second option is in-house whitening that is done by a professional in the dental office. The key benefit of the second option is that it provides much faster results, which is suitable when an individual wants to have whiter teeth and a better smile as fast as possible in order to attend an upcoming event, such as a wedding. In-office teeth whitening will only take 90 to 120 minutes to complete. And the results of in-house whitening usually last for about two to three years.

To ensure safety, it is recommended that individuals consult first with a dental practitioner if their teeth are suitable for whitening. The dental professionals at Sydney Holistic Dental Centre will ensure this by conducting a comprehensive oral assessment.

It is important to note that there are five stresses in the holistic health model that are interrelated. These are emotional stress, postural stress, environmental stress, dental stress, and nutritional stress. Dental stress has to do with oral infections and the potential toxicity and bio-compatibility of materials. It also involves breathing and sleeping because the size and shape of the mouth also affect the size and shape of the upper airway and can result in breathing and sleeping problems.

The mouth and oral cavity can be a source of chronic pain and stress, and may influence other parts of the body, resulting in headaches, jaw pain, neck aches, and sleep disturbances. This causes stress, which can weaken the immune system and increase chronic inflammation. Thus, the dental professionals at Sydney Holistic Dental Centre will not just provide dental treatments but they will also take into account the patient's overall health and collaborate with other healthcare professionals in trying to enhance the patient's overall health.

Those who are interested in holistic dental whitening in Sydney can visit the Sydney Holistic Dental Centre website or contact them through the telephone or via email.

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For more information about Sydney Holistic Dental Centre, contact the company here: Sydney Holistic Dental Centre Robyn Farley (02) 9221 5800 shdc@shdc.com.au 17/111 Elizabeth St, Sydney NSW 2000

Sydney Holistic Dental Centre

Sydney Holistic Dental Centre has been enhancing people's oral and general health since 1983. Our clinic supports our holistic approach, with a calm and relaxing feel, and with state of the art technology to ensure quick and optimal treatments.

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