

Holistic Teeth Whitening Considered Safe By Experts

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Sydney, New South Wales based Sydney Holistic Dental Centre is reaching out to the wider community to share how teeth whitening is a completely safe procedure. They have made a name for themselves by providing quality dental services, including holistic dentistry, cosmetic dentistry, amalgam removal, dental implants, and teeth whitening.

Robyn Farley of Sydney Holistic Dental Centre states, "While there are some misconceptions that teeth whitening can be harmful to your body, this is far from the truth. There are no toxins or other chemicals that are used in the teeth whitening process that will affect you. We want to dispel any notion that teeth whitening is a harmful procedure, because it is very useful to a lot of people."

According to Farley, there are many causes of tooth discolouration. The most common causes include ageing and consumption of teeth staining substances, such as coffee, tea, colas, tobacco, red wine and so on. During tooth formation, consumption of tetracycline, certain antibiotics or excessive fluoride may also cause tooth discoloration. This discoloration can occur even when someone is diligent about their dental hygiene. Teeth whitening is a simple, safe and cost effective cosmetic dental approach to improving a person's smile and giving their teeth a clean, white and youthful appearance.

Most teeth whiteners use hydrogen peroxide to bleach the teeth, and though millions of people around the world have been using such products, there has not been any corresponding increase in cavity risk, tooth fractures or similar issues. Extensive research shows that whitening teeth under the supervision of a dentist is safe. Notably, some patients may experience sensitivity while whitening, and it is not recommended for children under 15 years of age and pregnant or lactating women. More importantly, Farley points out, health authorities such as the Dental Board of Australia and the Therapeutic Goods Administration have also found that hydrogen peroxide whiteners are safe and effective.

However, it is important to make sure that the teeth whitening process is done carefully or administered by

trained professionals. For over the counter methods, the dental centre recommends sticking to instructions and consulting a dentist to ensure the products are safe for the user's teeth.

While these methods might not be the most effective, professional tooth whitening is an alternative that provides the quickest and safest teeth whitening results. Sydney Holistic Dental Centre's holistic teeth whitening procedure uses custom-made whitening trays that are extremely important to achieving the optimal result. The dental centre's professional team can do all of this in-house and ensure that their patients have the best result.

Farley says, "Our team can ensure that you have the whitest possible teeth, but we like to provide our patients with everything they need to ensure their long term protection. As an incentive to encourage our patients to have regular hygiene for better oral and general health we have introduced our new Whitening for Life program. You can join the program, purchase your custom-made whitening trays and receive a free whitening gel with every 6-monthly hygiene visit. Get in touch with us today and find out how we can help you."

The services provided by Sydney Holistic Dental Centre have earned them a lot of praise from their patients. Marcelle J. says in their review, "I can't speak highly enough of Sydney Holistic Dental Centre. I had so much anxiety about going to the dentist that I had been avoiding dentists for years. Lewis made me feel so comfortable, and after years of fear I am now happy to go to my dental appointments. On top of that, their work is amazing, and I love that they look at the whole person rather than just your teeth."

Those who want to learn more about the range of services provided by Sydney Holistic Dental Centre are encouraged to visit the clinic's website. Interested parties can get in touch with Sydney Holistic Dental Centre via the contact portal on this platform as well. Alternatively, Robyn Farley can be reached at her phone or email. Social media users can find Sydney Holistic Dental Centre on Facebook, Twitter, Instagram, YouTube and more.

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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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SYDNEY HOLISTIC
Dental Centre