



WHEN IT COMES TO PEARLY WHITES, ANGELO LAZARIS IS YOUR MAN.

Dentist

ANGELO LAZARIS

Want a smile to rival Jessica Simpson's? With the latest technology in cosmetic dentistry, you can have a bling-bling grin, without spending all of your savings. Leading cosmetic dentist Dr Angelo Lazaris gives us the options (without the hard sell), as well as some expert tips

GOING WHITE OVERNIGHT



... AND USE A GOOD EVERYDAY TOOTH PASTE, TOO!

the wallet-friendly options

If you're strapped for cash but still set on a so-sexy smile, there are some budget brighteners available.

Over-the-counter whiteners

"All whiteners work by using a peroxide-based gel. An over-the-counter treatment can't use the same concentration as professional in-chair treatments, but as a low-cost alternative these products do achieve

good results," says Dr Lazaris. Try Colgate Simply White Clear Whitening Gel, \$30.

Whitening toothpastes and mouthwashes

"On their own, these aren't really effective because they are mainly abrasives, not peroxide. They're best used as a way to maintain teeth that have already been professionally whitened." Try Colgate Total Plus Whitening, \$5.30.

TRICKS OF THE TRADE

Why spend money making your teeth look good if you don't take proper care of them? Here are Dr Lazaris' top five toothcare tools.

1 Electric toothbrush: They are five times more effective than conventional toothbrushes. Nuff said. Try the Oral-B Professional Care 7500 DLX, \$149.95.

2 Dental tape: Dental tape is more like ribbon than string - and it's more effective than flossing with traditional dental floss. Try Colgate Total Tartar Control Coated Dental Floss, \$3.30.

3 Wooden sticks: If you hate flossing, give wooden dental sticks a go. They're like big toothpicks which help clean between your teeth. Try Oral-B Dental Woodsticks, \$3.50.

4 Breath-freshening strips: Even the most glam smile is spoilt by bad breath. Yucky yuck yucky. Try Listerine Pocket Paks Oral Care Strips, \$2.60.



WHAT IS IT? A bleaching session at the dentist.

How much? Around \$1000.

How long does it take?

One hour.

How does it work?

A whitening agent is applied to your teeth and left to develop. The gel penetrates into the tooth and oxidizes all of the pigments.

How white will I go?

Up to 10 shades whiter.

Is it safe? The gel can cause some temporary irritation or sensitivity to gums and teeth.

WHAT IS IT? Home bleaching.

How much? \$200 to \$400.

How long does it take?

Two weeks.

How does it work?

A set of bleaching trays are made in the shape of your teeth. You line the tray with bleach and wear it to bed.

How white will I go?

Up to four shades whiter.

Is it safe? If you overfill

the trays, the gel can irritate the gums.

WHAT IS IT? Brite Smile To Go Whitening Pen

How much? About \$160.

How long does it take?

Two weeks.

How does it work? You paint the varnish on with the brush applicator twice a day.

How white will I go? Five to six shades whiter, it lasts about a month.

Is it safe? Yes, and you can do it yourself!



■ To contact Dr Lazaris, phone (02) 9232 2488.

★ And the winners are ... We asked Dr Lazaris to pick the sexiest smiles in Hollywood: Jessica Simpson, George Clooney and Brad Pitt



JESSICA SIMPSON



GEORGE CLOONEY



BRAD PITT