

"I HAD A TOOTH-WHITENING MAKEOVER"

How does it work?

"First, we take a pre-treatment photo," says Lazaris, "to compare before and after results (teeth usually whiten eight to nine shades in one visit). We then apply gel to the 'smile teeth' - those that show when you smile - and place the fibre optic light against your mouth to activate the gel. The light is a gentle, blue light that aids in activating the hydrogen peroxide in the gel and helps it penetrate the surface of the teeth. Every 20 minutes the gel is removed and a new lot applied. After three applications, your



I had my teeth whitened using the same procedure on Extreme Makeover, and got cosmetic and general dentist, Dr Angelo Lazaris, to give us the lowdown on the new brightening system, Zoom.

whitening is assessed - the results are instant. Teeth continue to whiten for a few days after the procedure and patients get a maintenance kit so they can keep their teeth whiter at home."

Are there side effects?

"Some people experience tooth sensitivity but it disappears one to three days after the treatment."

Is it permanent?

"By following post-whitening care instructions, your teeth will always be lighter. To keep them looking their best apply monthly touch-ups with the maintenance kit."

How much?

Anywhere from \$800.

THE PERFECT ACCESSORY TO ANY DENTIST - BRUSH, WHITE TEETH.

To find the most flattering shade for your lips, bite down on them for 30 seconds (not too hard) then match a lipstick or gloss to the colour that appears.