

Teeth Whitening Guidebook

By The Dental Team
@ NoFrills Dental

The prettiest thing you
can wear is a bright smile.



New Smile. New You.

Get started on your new
& improved smile today!

Teeth whitening is a popular way of improving the appearance of teeth and overall smile to make your teeth a few shades whiter within a short span of time.

At NoFrills Dental, we provide the most effective and safe treatment method to give you the brightest smile.

Long-Lasting Results

Combining a good routine of oral hygiene at home and the results of professional teeth whitening are long-lasting because whitening agents available to dentists and dental hygienists contain stronger bleaching agents than you can purchase over the counter.

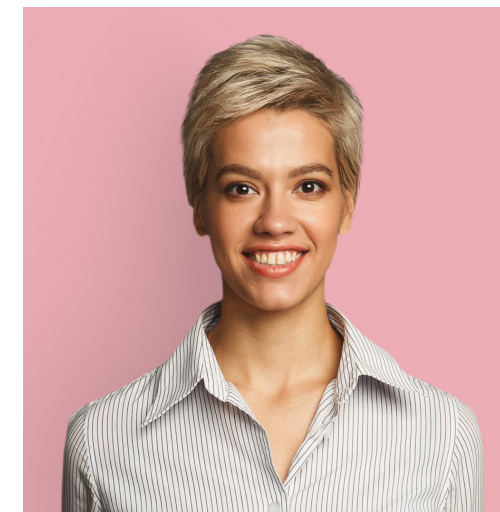
Better Oral Health

As your dentist removes dental stains, it will help to reinforce the health and strength of your teeth, which lessens the likelihood of cavities and gum disease caused by accumulations of plaque – the sticky film that provides a breeding ground for harmful bacteria.

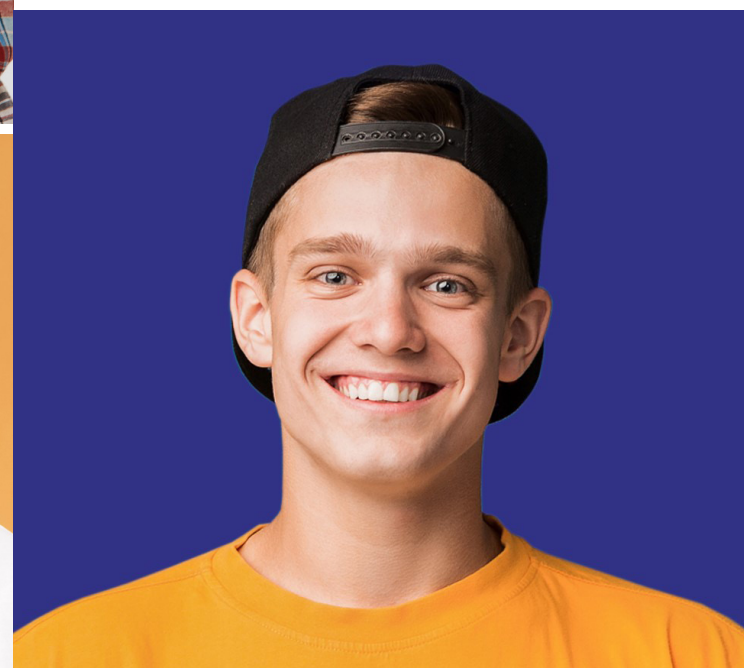


Confidence Booster

When your teeth are whiter, you are likely to smile more to show off that new bright smile of yours to everyone that you meet.



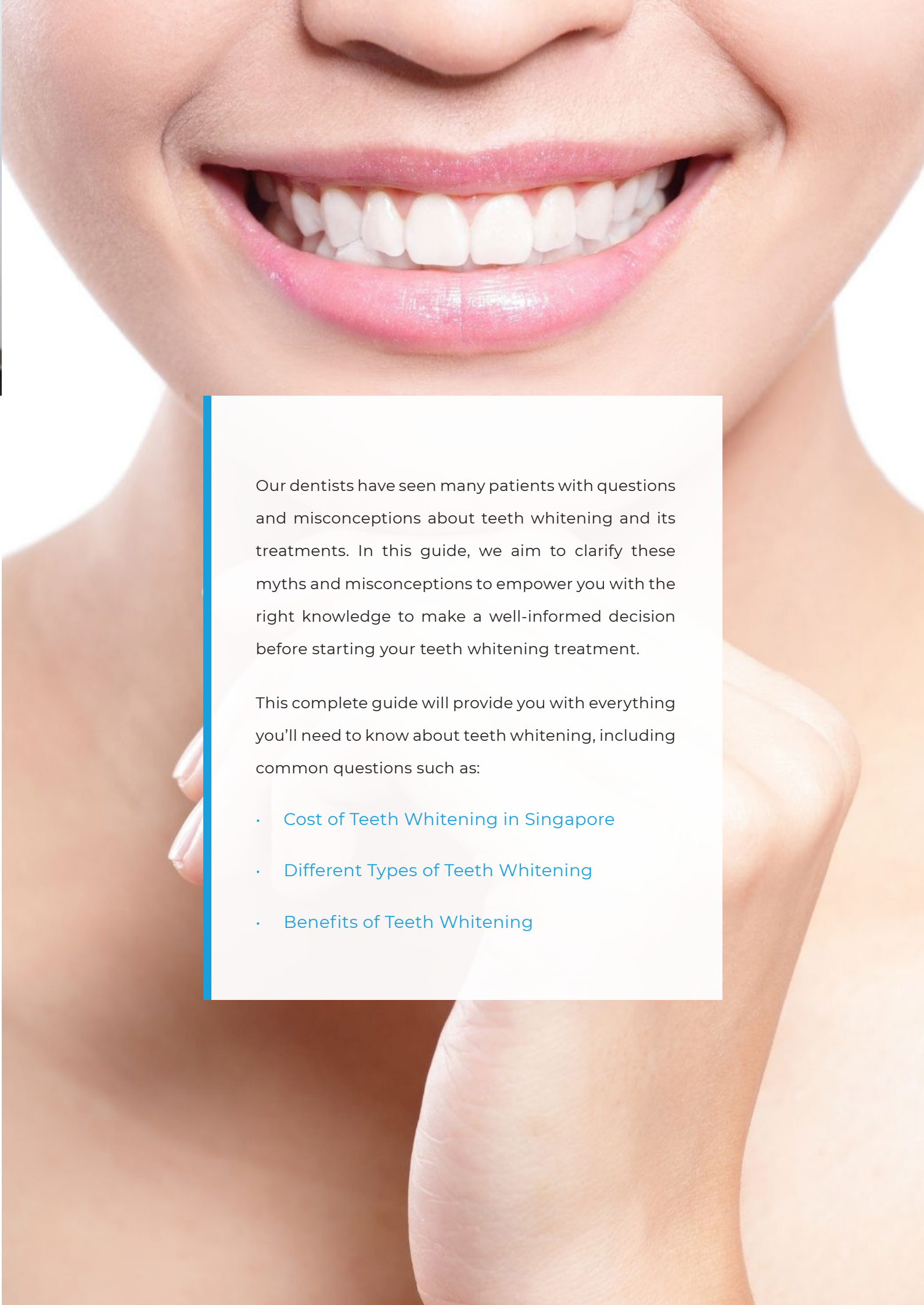
**Brighten Your
Smile With
Teeth Whitening**





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Our dentists have seen many patients with questions and misconceptions about teeth whitening and its treatments. In this guide, we aim to clarify these myths and misconceptions to empower you with the right knowledge to make a well-informed decision before starting your teeth whitening treatment.

This complete guide will provide you with everything you'll need to know about teeth whitening, including common questions such as:

- [Cost of Teeth Whitening in Singapore](#)
- [Different Types of Teeth Whitening](#)
- [Benefits of Teeth Whitening](#)

What is teeth whitening?

Teeth whitening is a **common** cosmetic procedure that is widely conducted in dental clinics

Dental whitening is typically utilised when patients want to improve the colour of their teeth and brighten their overall smile. When the tooth loses its natural shine, becomes discoloured, or stained, teeth whitening can provide excellent cosmetic results.

Tooth discolouration can be caused by various factors such as smoking or consumption of certain food and beverages such as coffee and tea. After the teeth whitening procedure, your teeth will regain its shine, giving you a bright and radiant smile that you've always wanted. Be sure to consult with our dentists before beginning any whitening procedure.



How does it work?

Most teeth whiteners use one of two chemical agents: **carbamide peroxide/hydrogen peroxide**

Teeth are made up of an inner dentin layer and a hard outer enamel layer, which protects the teeth. The enamel layer of the tooth is porous which means stains can get into the tooth and cause discolouration.

Tooth whitening process utilises **bleaching agents** to lighten the colour of your teeth. As the tooth is semi-permeable, the whitening chemicals can permeate into the tooth enamel to remove stains. These agents break stains into smaller pieces, which makes the colour less concentrated and your teeth brighter.

Types of teeth stains

Extrinsic Tooth Stains

Extrinsic teeth stains are staining on the outer layer of your teeth. They occur when stain particles accumulate in the film of protein covering your teeth enamel. They can be easily removed and respond well to regular dental cleaning and brushing with whitening toothpaste.

This may happen due to several factors:

Diet

Frequent consumption of coloured foods like **coffee, tea, cola, or red wine** stains your teeth over time. They all contain intense colour pigments called **chromogens** that attach to the white, outer part of your tooth.

Tobacco Use

Nicotine and **tar** in tobacco stains the necks of your teeth above the gum line. Tar are naturally dark. Nicotine is colourless until it's mixed with oxygen. Then, it turns into a yellowish, surface-staining substance.

Poor Dental Hygiene

Accumulated **dental plaque** and **calculus** formed on the teeth due to poor dental hygiene can cause discolouration of teeth, which varies between grey, yellow, black or brown.

Understanding the **type of stains** that you have will determine the **right treatment** to address your condition, and help you achieve a brand new, brighter smile.



Intrinsic Tooth Stains

Intrinsic staining takes place at the **deeper** layer of the enamel and the dentin, which is the tissue lying below the enamel. These types of stains are inherently a lot more difficult to remove as these stains are highly resistant to teeth whitening treatment and would give your teeth a yellowish or greyish hue.

Similar to extrinsic stains, there are many factors for this:

Antibiotics

Giving certain antibiotics to children whose teeth are still developing can stain their teeth, which will carry into their adult life. Such stains may be caused by excessive consumption of **fluoride** during the first eight years of childhood (*Fluorosis*).

Dental Trauma

Teeth can be discoloured from the inside out due to **bleeding** within the tooth itself, which decomposes and forms a bluish-brown stain.

Age-related Tooth Stains

The enamel layer of teeth will naturally thin with age due to daily use and will get eroded when we turn older, exposing the yellowish dentin, causing your teeth to stain. Generally, age-related tooth discolouration is the result of **both extrinsic and intrinsic factors**.

Depending on the type of tooth stain, patients suffering from age-related tooth stains can benefit from teeth whitening solutions.



Types of treatments

Here's what you need to know about the different types of teeth whitening treatments

Chairside Teeth Whitening

Chairside teeth whitening refers to a form of teeth whitening that dental professionals offer across dental offices and clinics. It is recommended for patients looking for a **convenient, fast, and effective** whitening treatment that almost always guarantees results.

Patients will typically only require a single session to achieve a brighter smile. By opting for immediate chairside teeth whitening, you will see a right click of **at least 2-4 shades whiter** than your current teeth.

In-office teeth whitening solutions are quick and highly-effective in providing patients with longer-lasting results due to the higher concentration of hydrogen peroxide or carbamide peroxide used, compared to the other types of teeth whitening.

The process:

Before the procedure, **routine scaling and polishing** will be done to maximise contact between your teeth and whitening gel.

The dentist would then apply the whitening gel onto your teeth. A laser is shone into the mouth which acts as a catalyst in the whitening process.

Your lips and gums are protected from the bleaching agent with rubber seals or gels. **You may expect mild to moderate sensitivity during the procedure.**

Multiple sessions may be required to achieve teeth brightening results if the starting shade is very dark.

*“Chairside teeth whitening is also the most expensive, when compared to other alternative methods, with prices generally ranging between **\$1,000 - \$1,300** per session.”*





Take-Home Teeth Whitening Kit

An alternative to professional teeth whitening in a dental office, take-home whitening kits may be a more convenient option for some.

These teeth whitening trays **typically cost less than in-office treatment** and are more convenient. While the whitening process at home may take a longer time, it is **gradual and less harsh** on your teeth.

*“The cost of take home whitening kits, typically range between **\$300 – \$650.**”*

Take-home teeth whitening kits utilise **custom-fitted** bleaching trays that fit perfectly onto your teeth and whitening gels to whiten teeth in the comfort of your home.

Your dentist will fabricate these bleaching trays for you and issue some **hydrogen peroxide whitening solution** for you to add prior to wearing the bleaching trays.

Patients are typically recommended to wear the bleaching trays for **30 minutes to 1 hour** a day for **2 to 4 weeks** to achieve the desired results.

The amount of carbamide peroxide or hydrogen peroxide present in take-home whitening gel is significantly lesser than those used in chairside whitening.



Over-The-Counter Whitening Products

These products can help with stained teeth but unlike dentist-administered solutions, these whitening products usually have **zero or very low amounts of carbamide/hydrogen peroxide** in them. Some examples of these products are teeth whitening strips and toothpaste.

Based on regulations set in place by Singapore healthcare authorities, teeth whitening products containing more than 0.1% of hydrogen peroxide are only **legally** available for use by registered dentists. With less than 0.1% present in these over-the-counter products, it is naturally less effective than chairside whitening solutions or take-home whitening kits.

Whilst these are cheaper than professional bleaching, however, **unsupervised use of such kits may damage your teeth and gums**. This is because some of these kits contain strong chemicals that abrade the tooth enamel which also results in the patients developing tooth sensitivity, creating a thinned enamel layer.

“Yes, the teeth may appear whiter but in the long run, such prolonged damage of your teeth might end up more costly to repair than professionally-managed teeth whitening procedures.”

How long do whitening effects last?

Unfortunately, it is **not permanent**.

People who expose their teeth to foods and beverages that cause staining may see the “whiteness” start to fade in **as fast as one month** and patients will need to undergo teeth whitening treatments every so often to address both intrinsic and extrinsic stains. Those who avoid foods and beverages that stain may be able to wait one year or longer before another whitening treatment or touch-up is needed.

The degree of “whiteness” will vary from individual to individual depending on the condition of the teeth, the level of staining, and the type of bleaching system used but the results from chairside whitening will generally last **between 12-18 months** on average.

Are there any side effects?

Teeth whitening when done under the supervision and guidance of a dental professional is a safe and harmless procedure with no long-lasting side effects.

However, some patients may experience these side effects from teeth whitening treatment:

1. Increased Tooth Sensitivity

Some patients may experience a temporary increase in tooth sensitivity immediately after treatment. This increased sensitivity **usually goes away within 24 hours**.

This sensitivity is more prevalent in patients who have undergone chairside teeth whitening, and dentists will usually **provide patients with some sensitivity products** containing potassium nitrate after their whitening treatment to address the increase in tooth sensitivity.

2. Gum Irritation

Soft tissue or gum irritation caused by teeth whitening gel is considered a chemical burn, very comparable to a sunburn. When a chemical burn occurs, the area becomes mildly sore, turns white, and will eventually flake off. **The tissue will return to normalcy within 24 hours**. But some patients may experience some sensitivity up to a week after teeth whitening treatment.

This side effect is typically more prevalent in patients using take-home kits and will commonly subside after completing treatment.



If you do experience sensitivity, you can reduce or eliminate it by:

- Wearing the tray for a shorter period (for example, **one 60-minute session instead of two 60-minute sessions**).
- Stop whitening your teeth for **2 to 3 days** to allow teeth to adjust to the process.
- Ask your dentist or pharmacist for a **high fluoride-containing product**, which can help remineralize your teeth. Apply the fluoride product to the tray and wear for **4 minutes** before and following the whitening agent.
- Brush teeth with a toothpaste specified for sensitive teeth. These types of toothpaste contain **potassium nitrate**, which helps soothe the teeth's nerve endings.



How do I upkeep my teeth after the treatment?



Maintain Good Oral Hygiene

To prolong the whitening effects, stick to a dental routine consisting of **daily brushing and regular flossing** to remove plaque buildup. This is important because plaque can make your teeth appear darker than it is. For added protection against coffee or tea stains, use a toothpaste that shields against staining.

Patients who have undergone chair-side professional treatment can maintain and prolong the whitening effect by purchasing the take-home whitening kit.

See Your Dentist Regularly

Visiting your dentist for regular checkups can help to maintain your smile. The professional cleaning and polishing that you receive at your dentist's office can help to effectively remove surface stains.

A combination of excellent dental hygiene and professional cleaning can help you to upkeep your pearly whites.

Avoid Foods That Will Stain Your Teeth

One of the simplest ways to keep your teeth clean and white is to avoid foods and drinks that will stain them.

For at least two weeks following your whitening session, you should avoid coffee, red wine, and tea. If you are unsure of which foods and drinks to steer clear of, a good rule of thumb is to **avoid any food or drink that would stain a white cloth**. Some people may find it impossible to give up their daily coffee or tea. If you belong to that category, consider using a straw! Straws help to prevent staining.

Alternatively, gargle multiple times with water after consumption of these teeth-staining foods and beverages.



What are the difference between the treatments?

Here's what you need to know.

	Chairside Whitening	Take Home Whitening
Cost	Higher cost (due to lab fees)	More economical
Strength	Higher concentration, 15% to 43% hydrogen peroxide	Lower concentration, 10% to 22% carbamide peroxide equivalent to about 3% hydrogen peroxide
Supervision	Under doctor's care	Self-administered
Process	Prepped and administered during first visit	30 - 60 minutes for 2 - 4 weeks
Effectiveness	2-4 shades whiter after the first treatment	Results would be visible gradually
Protective Measures	Dentist will apply either a gel to the gum tissue or use a rubber shield	No extra protective measures

Costs of teeth whitening in Singapore

Teeth whitening treatment fees and subsidies

If you are looking to find out how much teeth whitening treatments cost, you might find that the cost of teeth whitening can vary considerably. This is because the price of each teeth whitening treatment is dependent on the type of procedure and the whitening products and dental instruments used.

“At NoFrills Dental, we offer affordable teeth whitening services.”

How much are teeth whitening procedures at NoFrills Dental?

Take-home teeth whitening kits start from \$600, and in-office whitening treatments start from \$1000. Scaling and polishing during a regular dental checkup can range from \$100 to \$130, while for those who have more extensive stains or chipped, damaged teeth, you may also opt for porcelain veneers, which start from \$1000 per tooth.

Please refer to the list below to easily compare the costs of teeth whitening procedures available at NoFrills Dental:

Treatment	Price
Take-home Whitening Kit**	From \$600
Bleaching Tray	\$200.00 per arch
Whitening Gel	\$200 - \$350
In-office Whitening Treatment	\$1,000 - \$1,300
Scaling & Polishing	\$100 onwards

These prices are exclusive of GST and correct at the time of publishing. Please check with our clinics for the latest prices.

** While each take-home whitening kit includes a set of custom-made bleaching trays and whitening gel, you can choose to purchase replacements or refills from our us.



Are subsidies available for teeth whitening procedures?

CHAS Blue, Merdeka Generation and Pioneer Generation card holders are entitled to CHAS subsidies for scaling and polishing respectively (up to twice per calendar year), as tabled below.

Dental Service	CHAS Orange	CHAS Blue	Merdeka Generation	Pioneer Generation
Polishing	-	\$20.50	\$25.50	\$30.50
Scaling	-	\$30.00	\$35.00	\$40.00

Do note that there are no CHAS subsidies nor MediSave claims for both in-office and take-home whitening treatments. For more details, visit the **CHAS website**.

FAQs

Here are some commonly-asked questions that our dentists get about teeth whitening. If you have any other questions, feel free to email us at enquiry@nofrillsdental.com

Does the whitening system work on dentures, or veneers?

The process was designed to enhance the natural whiteness of the enamel. Existing restorations such as tooth-coloured fillings, dentures, crowns, bonding, veneers, and bridges do not lighten.

This means that any pre-existing dental work may need to be replaced to match the new tooth shade achieved in the natural teeth, should a bleaching process does proceed. Clients however only apply the gel product only to their natural teeth, allowing these treated teeth to lighten up to match a cap, crown, or veneer.

I'm currently on Invisalign/braces treatment, can I get my teeth whitened?

Patients currently undergoing orthodontic treatment such as Invisalign or conventional braces should not get their teeth whitened until they've completed their orthodontic treatment.

How many shades whiter can I expect my teeth to get?

The amount of whitening varies from patient to patient and cannot be predicted or guaranteed; but in general use, teeth may lighten anywhere from 2 to 4 shades on the whitening shade guide.

The results depends on how discoloured the teeth were originally. Yellow or brown teeth, surface stains, and uniformly darkened teeth are easiest to whiten. Additional whitening treatments may be needed in order to achieve the desired shade, especially with heavily stained teeth.

Does teeth whitening treatment hurt?

Teeth whitening may cause sensitivity during or after treatment and slight discomfort in the gums. Both of these side effects are usually temporary and will disappear a few days after treatment.

It is important to tell your dentist if you experience any of these symptoms as the dentist will be able to advise how best to cope in the meantime.

Why is professional whitening better than other options?

The greatest benefit that you'll gain by seeing a dentist for tooth whitening is definitely speed of treatment. Unlike over-the-counter kits, professional whitening uses a more concentrated formula that can provide you with a noticeably whiter smile in a single treatment.

At-home kits that you pick up at the drugstore often take a week or longer to yield noticeable results.

CHOOSING THE RIGHT DENTIST

When it comes to selecting the right dental provider in Singapore for your teeth whitening treatment, it's important to choose a dentist that you can establish a good communication with.

Good communication is a key determining factor for a smooth, comfortable and successful teeth whitening journey.

Choosing the right dentist will ultimately determine the overall success of your teeth whitening treatment. As such, the dentist that you pick should fulfil a number of criteria including but not limited:

- Experience with teeth whitening
- Good communicator (well-versed in explaining every aspect of treatment to you, allowing you to make informed decisions when it comes to your future smile)
- A strong support team to support you every step of the way

We would also suggest for you to send enquiries to a few dentists.

This will allow you to find someone who can answer your queries and discuss all the possible treatment options available for you.

At the end of the day, the right dentist for you is the one who will lay out all your treatment options on the table, allowing you to make informed decisions while ensuring that your entire treatment process is as enjoyable, comfortable and as hassle-free as possible.

We believe that good communication between you and your dentist is the best way to ensure a smooth and successful treatment.

So in summary... Here's what you can do next.

**Speak to
our dental
provider who'll
answer all your
questions.**

Find a dentist – We would suggest for you to send enquiry to a few dentists. This allows you to find someone who is able to answer all your queries, and who will discuss all the possible treatment options available for you.

If you'd like to speak to us, you can drop us an email at enquiry@nofrillsdental.com or give us a call at **+65 9007 1085**.





About Us

NoFrills Dental aims to provide accessible, affordable and no-frills dental care for people of all ages in a clean and comfortable environment.

“NoFrills Dental is the one-stop solution for all your dental needs.”

NoFrills Dental was founded in 2016 by a team of like-minded dental professionals with more than 20 years of experience in dentistry.

We believe your teeth and gums should look and feel great—that’s why we use technology in everything we do, from crafting fillings, straightening smiles, to restoring new teeth. We bring together experienced minds and progressive technologies to transform your smile.

We take great pride in delivering a holistic dental experience through our professional excellence, quality materials, dental technologies and high standards of infection control. The driving factor of our success is the passion to serve with the highest level of empathy, compassion and professionalism by our experienced dentists and dedicated support staff, to provide the best dental care and patient experience at affordable prices.

NoFrills Dental was created with the singular goal of providing accessible and affordable dental care for everyone. With the core belief that **everyone deserves a perfect smile**, we provide patients with a holistic dental experience paired with clinical excellence to support all of their dental needs.

It is with this belief in mind that we ensure each and every one of our patients the peace of mind that they’re being treated by dedicated professionals who have their best interests at heart.

NoFrills Dental is a company with a big heart and even bigger ambition to improve oral health wherever we are. We are passionate about delivering patient-focused dental care and oral wellness programmes.



NOFRILLS DENTAL @ MARINA SQUARE

Located in Marina Square, this dental clinic is located right above **Esplanade MRT Station (Exit B)**. The clinic services the needs of patients working in the Raffles City and Marina areas.

NoFrills Dental at Marina Square is located right above Esplanade MRT station (Exit B), providing our patients with greater convenience.

The dental clinic is supported by a team of experienced general dentists, well-trained to treat a wide range of dental and oral health issues, with a strong focus on aesthetic dentistry such as Invisalign treatment and orthodontic braces.

The dental clinic is well equipped with technologies such as X-rays and intra-oral scanners like the iTero Elements 2. We've also partnered with a variety of corporate and private insurance companies for the convenience of our patients.



6 Raffles Boulevard, #B1-11, Marina Square
(Exit B, Esplanade MRT Station) Singapore
039594

Email: marinasquare@nofrillsdental.com.sg
Telephone: 6227 8885

Monday - Friday:	10am – 7pm
Saturday:	10am – 5pm
Sunday & Public Holiday:	By Appointment



NOFRILLS DENTAL @ SUNTEC CITY

Located in Suntec City, this dental clinic is situated between **Promenade MRT Station** and **Esplanade MRT Station**. Servicing the needs of patients working around the Suntec City area.

NoFrills Dental at Suntec City is a one-stop dental clinic that provides affordable dental services for all types of patients. The clinic aims to offer high-quality services at affordable prices, serving the needs of patients in the Suntec City area.

The clinic offers a large variety of professional dental services, from general dentistry procedures such as scaling and polishing, pain management and wisdom tooth extractions, to more complex procedures such as Invisalign treatment, dental implants and orthodontic braces.

Our resident dentists at NoFrills Dental @ Suntec City are experienced in restorative dentistry such as dental implants, dental crowns and dental bridges.



3 Temasek Boulevard, #03-317, Suntec City North Wing, Between Tower 1 & 2, Lobby H, Singapore
038983

Email: suntec@nofrillsdental.com.sg
Telephone: 6337 7319

Monday - Friday:	10am – 7pm
Saturday:	10am – 5pm
Sunday & Public Holiday:	By Appointment

Quick & safe solution to a whiter smile

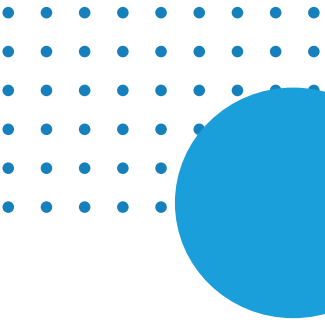
Feeling insecure about your yellow teeth and scared to smile around your family and friends?

Teeth whitening treatment offer patients with a safe and effective solution for yellowish or greyish teeth, that's been bothering them.

There are various different treatments for teeth whitening and they range in prices as well, however most dentists recommend in-office teeth whitening as results are more long-lasting and safer compared to take home teeth whitening kits and over-the-counter whitening products.

If you're looking to learn more about the costs of teeth whitening or to get started on your journey towards a brighter and whiter smile, do get in touch with us. We'd love to be part of your journey!





Great People. Great Patients. Great Service.

At NoFrills Dental, we strive to provide consistent great patient care in every aspect of our practice.





**Looking for a brighter
smile? Let's talk :)**



CONTACT US TODAY!