

# What is Enamel Microabrasion?

Enamel microabrasion is a minimally invasive technique for correcting “spotty” blemishes in permanent teeth that cause aesthetic concern. Microabrasion can reduce and in some cases totally reverse **superficial** enamel irregularities and discolouration defects such as fluorosis, hypomineralisation, and decalcified areas around orthodontic brackets. No material is added to the teeth – microabrasion simply adds minerals such as calcium and phosphates to the teeth to even out light distribution and therefore create an even, unblemished, appearance. Unlike other cosmetic techniques, microabrasion makes teeth stronger and is completely non-invasive – only removing about the same amount of enamel which is lost when drinking a can of coke. It also has the added benefit of permanently reducing sensitivity to cold without the need for sensitive toothpastes.

  
whiter & brighter  
  
pain free  
  
less than 1 hour  
  
safe for kids  
  
strengthens teeth

BEFORE ENAMEL MICROABRASION



AFTER ENAMEL MICROABRASION

## DOES IT HURT?

Not at all. There is no pain or sensitivity involved with micro-abrasion and no need for needles or anaesthesia. It is so easy and painless, even kids can undergo micro-abrasion.

## DOES IT HURT MY TEETH?

No. Micro-abrasion removes about the same amount of enamel as drinking a can of coke. The minerals found in saliva are more than enough to restore those lost during treatment.

## HOW LONG DOES IT LAST?

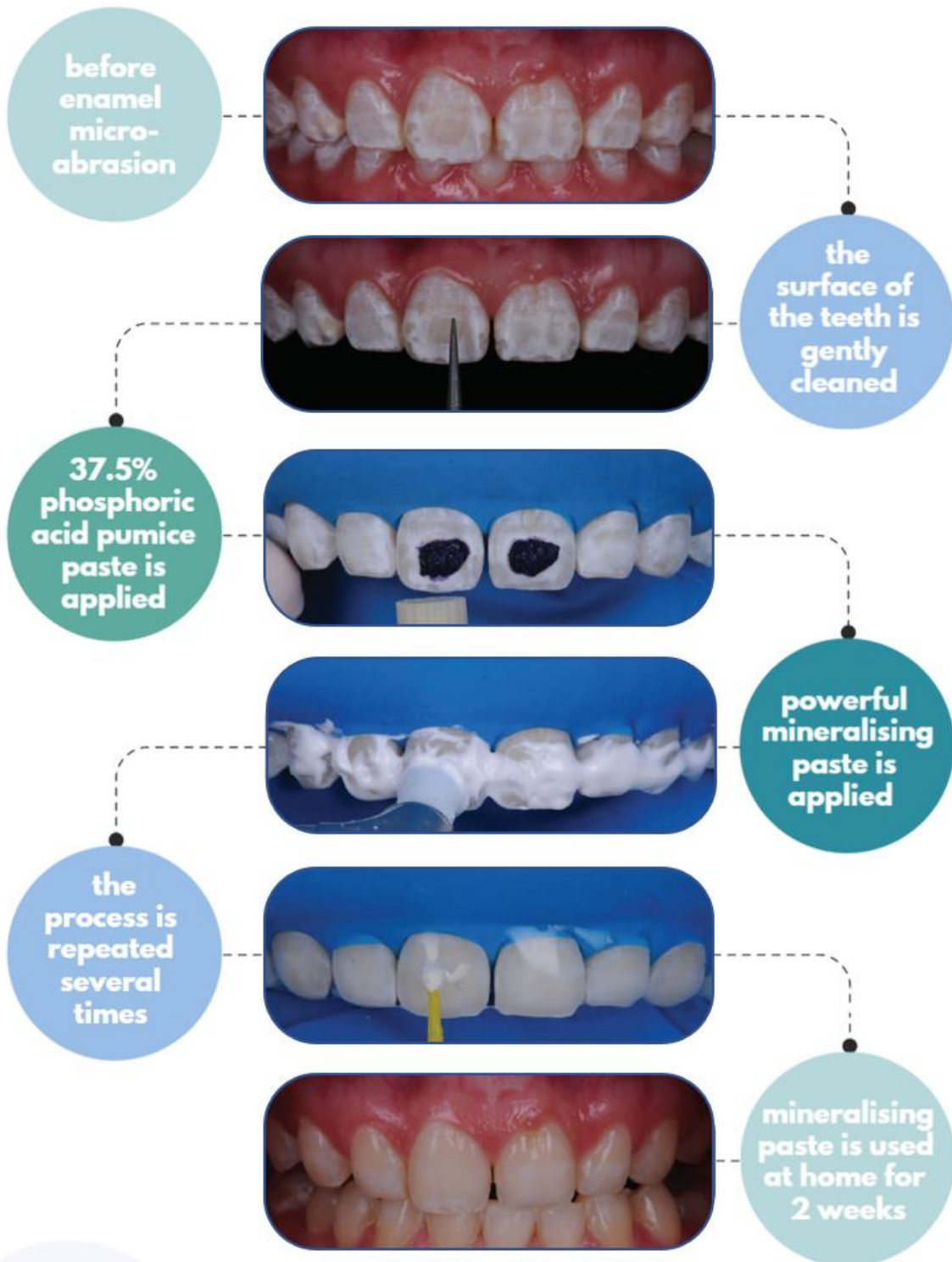
Micro-abrasion is a permanent, non-invasive, solution. That means as long as you keep good oral hygiene, the results will last forever.

## WHAT IF IT DOESN'T WORK?

Microabrasion can only successfully treat superficial enamel lesions. Deeper lesions may need restorative solutions such as composite fillings or porcelain veneers. Bleaching may also be required if you are unhappy with the shade of your teeth and want a whiter, brighter, smile than your natural tooth colour.

# How is Enamel Microabrasion Done?

Teeth with treatable blemishes are prepared using an acidic and abrasive slurry (usually 37% phosphoric acid and pumice). A remineralising agent is then applied to reintroduce calcium and phosphate into the prepared surface. This process is repeated several times until the desired result is achieved. The results are instantaneous but will improve over the following two weeks with use of an at-home remineralising crème. Microabrasion does not whiten or bleach your teeth. If you want whiter teeth, microabrasion can be safely used in conjunction with whitening either before or after treatment.



Source: Pini NI, Sundfeld-Neto D, Aguiar FH, Sundfeld RH, Martins LR, Lovadino JR, Lima DA. Enamel microabrasion: An overview of clinical and scientific considerations. World J Clin Cases. 2015 Jan 16;3(1):34-41