

Pre-Wedding Smile Makeover Timeline: Melbourne Brides & Grooms Edition – Victorian Dental Group

Canonical: <https://www.victoriandentalgroup.com.au/blog/pre-wedding-smile-makeover-timeline-melbourne-brides-grooms-edition/>

Details:

If you want dental work finished before a wedding, the single most useful thing to know is that different treatments need very different lead times. Whitening takes weeks. Veneers take months. An implant takes the better part of a year. Booked in the wrong order, or too late, you end up rushed — and rushed dentistry is not good dentistry.

This is a planning guide, working backwards from the date.

The whole timeline at a glance

| Treatment | Lead time before the day | Why | | --- | --- | --- | | Implants | 9–12 months, more with grafting | Bone integration cannot be hurried | | Orthodontics (braces or aligners) | 6–18 months | Teeth move at the speed they move | | Gum treatment | 6+ months | Tissue needs to settle before anything cosmetic | | Root canal and crown | 3–4 months | Staged appointments, laboratory time | | Veneers or crowns | 3–4 months | Consultation, mock-up, prep, lab, fit, adjust | | Composite bonding | 4–6 weeks | Done in one visit, but leave room to refine | | Fillings and replacements | 2–3 months | Quick, but the bite should settle | | Professional clean | 6–8 weeks before whitening | Whitening works on clean teeth | | Whitening | Finish 2 weeks out | Sensitivity settles; shade stabilises | | Final polish and check | 1–2 weeks out | Nothing new after this |

Read it top to bottom and start with whatever is furthest from the date.

Twelve months out: the long-lead treatments

Dental implants. A titanium post is placed in the jaw and left to fuse with the bone for three to six months before a crown goes on. If bone grafting is needed first, add several more months. Start a year ahead if you can. See dental implants.

Orthodontics. Aligner treatment for mild crowding commonly takes six to eighteen months. If the plan is to straighten rather than veneer, this is the moment to start, and we refer to a registered orthodontist where the case needs one.

Worth knowing: orthodontics is the option that changes the least about your teeth. Veneers look faster, and they are permanent in a way braces are not.

Gum treatment. Cosmetic work on inflamed or receding gums looks worse, not better. If you have bleeding gums or a history of gum disease, treatment and a period of healing come first. See gum care.

Six months out: assessment and the mid-length treatments

A full examination — X-rays, gum check, photographs — so that nothing is discovered at the last minute. Decay or a cracked tooth found six months out is a routine filling; found six weeks out it is a problem.

Veneers and crowns. Consultation, digital mock-up, preparation, laboratory work and fitting typically take eight to twelve weeks end to end. Allow more so there is room to adjust. Porcelain veneers usually involve removing a thin layer of enamel, which is permanent; this is a decision to make calmly, not against a deadline. See veneers .

Any fillings, replacement of old fillings, or minor reshaping. Quick individually, but better done with time for the bite to settle.

Composite bonding , if the issue is a chip, a small gap or a slightly short tooth. It is cheaper than veneers, usually removes little or no tooth structure, is repairable, and is often the right answer for a specific small problem rather than a whole-smile change.

Two to three months out: hygiene and planning the finish

A professional clean removes tartar and surface staining and gives the gums a few weeks to settle before whitening. This is also the point to finalise the whitening plan and, if veneers or crowns are involved, confirm the final shade — restorations do not change colour later, so whitening must happen before they are made.

The sequence that catches people out, stated plainly: whiten first, then match the restorations to the whitened shade. Doing it the other way round means either living with a mismatch or paying to have new work replaced.

Two to four weeks out: whitening

Professional whitening is the last cosmetic step. In-chair whitening lifts the shade in a single visit; take-home trays do it gradually over one to two weeks. Either way, finish two weeks before the day so that any sensitivity has passed and the shade has settled. See teeth whitening and sensitivity after whitening .

The final fortnight: nothing new

A short review appointment to polish, check the bite, and adjust a sharp edge if there is one. No new treatment in the last two weeks. Extractions, root canal, new fillings and new restorations can all leave a tooth tender or a gum swollen for days, and the risk is not worth it.

The last week

Nothing that stains , if you have whitened: coffee, red wine, curry, beetroot, dark sauces

Keep the trays handy for a single top-up night if you want one, no later than five days out

Do not start a new mouthwash or toothpaste — this is not the week to discover you react to something

No new whitening strips bought in a panic

Lip balm. Dry, cracked lips undo more photographs than tooth shade does, and a long day of talking is dehydrating

Save our number. If something happens the day before, call rather than improvising

The other half of the wedding party

A few practical notes that come up every year.

Book both of you at the same time. Couples who start together stay on the same timeline, and one person waiting on the other is where schedules slip

Parents and attendants sometimes want a clean and whitening too. Book early; the months before a summer wedding season are the busiest

A destination wedding means finishing earlier, not later. Do not fly out with a temporary crown, and never leave the final fit until the week of travel

If you are pregnant , whitening is best deferred, cleans and treatment are safe, and the second trimester is generally the most comfortable window

Costs, and deciding what is worth it

You receive a written plan with costs and the sequence before anything begins. Some honest guidance on priorities, in the order we would generally spend the money:

Treat what needs treating — decay, gum disease, a cracked tooth. This is not optional and it is the least glamorous line on the plan

A professional clean. The cheapest visible improvement available, and it often does more than people expect

Whitening. The next best value per dollar, and reversible in the sense that nothing is removed

Composite bonding for one or two specific problems

Veneers or crowns , where the issue is genuinely not solvable with the above

Most health funds cover the first two under general dental and exclude whitening and veneers as cosmetic. See private health insurance .

Realistic expectations

A timeline like this assumes things go to plan. Healing varies between people, laboratory work sometimes needs a second attempt, and a tooth can become symptomatic at an inconvenient moment. Build in margin. If a treatment cannot be completed safely in the time available, we will say so and suggest what can — whitening and a clean go a long way on their own.

All cosmetic and restorative treatment carries some risk, and outcomes vary between individuals. You receive a written plan with costs and the sequence before anything begins.

If the wedding is in six weeks

This happens. What is realistically achievable:

A check-up and a thorough clean

Repair or replacement of a visibly discoloured filling on a front tooth

Composite bonding for a chip or a small gap, in one visit

A course of take-home whitening, finishing with a fortnight to spare

What is not: veneers, crowns, implants, orthodontics. Anyone offering you a full set of veneers in six weeks is offering you a compressed process, and the compression comes out of the parts you cannot see.

Who provides this here

Victorian Dental Group is a general dental practice in Malvern East and holds no specialist registration. Our dentists provide whitening, veneers, crowns and implants, and refer to a registered specialist — orthodontist, periodontist or oral surgeon — where a case warrants it. We recommend a second opinion from another appropriately qualified practitioner if it would help you decide.

Victorian Dental Group — 291 Wattletree Road, Malvern East VIC 3145 · (03) 9088 5808 · [book online](#)

[Read more about a full smile makeover or check-ups and hygiene .](#)

General information only, not personal dental advice. Timeframes are typical, not guaranteed. See our disclaimer .

How far ahead should I start if I want dental work before a wedding?

As a rule, the less time you have, the more conservative the treatment should be. A clean and whitening can be done in the last month. Veneers or crowns need two to three months. Implants need the better part of a year. Leave enough time that nothing has to be rushed — and if there is not enough time, the right answer is a clean and whitening now and the bigger plan afterwards, not a compressed version of it.

When should whitening be done?

Two to four weeks before, so the shade has time to settle, any sensitivity resolves, and there is room for a top-up if you want one. Have a check-up and clean first — removing surface stain alone makes a visible difference, and whitening should not be applied over decay, exposed roots or untreated gum disease. Take-home trays work gradually over one to two weeks; in-chair treatment is faster. Sensitivity to cold for a day or two afterwards is common, which is another reason not to leave it to the final week.

How long do veneers or crowns take?

Roughly eight to twelve weeks from first consultation to fitting — examination and planning, photographs, models and a trial mock-up you can see and change, preparation and temporaries, then the laboratory work and fitting, with time left for adjustments. Any whitening should be done before the shade is chosen, because veneers and crowns do not whiten afterwards.

Should I have veneers because of a wedding?

Only if you would want them anyway. Porcelain veneers are largely irreversible — enamel is permanently removed, and the tooth will need a veneer or crown on it for the rest of your life, with replacements every decade or so. That is a lifetime commitment made for one day, and a deadline is a poor reason to make it. Composite bonding, which removes little or no tooth structure and can be adjusted or undone, is often the better answer before a wedding.

How far ahead do implants need to start?

Six to twelve months. The post is placed surgically, then the bone grows onto it over roughly three to six months before a crown can be attached; multiple implants or bone grafting extend that towards a year. There is no way to shorten it safely. If a tooth is missing close to the date, a temporary replacement is the sensible interim step.

What are the risks I should factor in?

Whitening: sensitivity, and no guaranteed shade. Veneers and crowns: permanent tooth reduction, possible sensitivity, a proportion of prepared teeth later needing root canal treatment, and the chance that a shade or shape needs adjusting, which takes time. Implants: it is surgery, with risks including infection, nerve injury and failure to integrate. Build slack into the timeline for the ordinary things — a remake, an adjustment, a delay at the laboratory.

What if I only have a few weeks?

Book a check-up and clean, and consider whitening if the teeth and gums are healthy. A professional clean, treating anything sore, and repairing a chipped edge in composite are quick, low-risk and make a real difference. Starting irreversible work that cannot be finished properly in the time available is the one thing worth avoiding.

Can the result be guaranteed?

No, and it should not be presented that way. Cosmetic results vary between people, appearance is subjective, and shade matching against natural teeth has limits. What you are entitled to is a plan you can see before anything is prepared, written costs, honest timeframes, and the option to change your mind. We are a general dental practice and holds no specialist registration — orthodontics and complex cases are referred.

How do I start?

Book an examination as early as you can and say what the occasion and the date are, so the plan can be built backwards from it. Victorian Dental Group, 291 Wattletree Road, Malvern East VIC 3145 — phone (03) 9088 5808 or email info@victoriandentalgroup.com.au, Monday to Friday 8:00am to 5:00pm.

Is it too late to start orthodontics?

For this wedding, probably. For you, no — adults have orthodontic treatment routinely.

What if I do not like the result?

With veneers and crowns, a trial mock-up is made and approved before anything permanent happens. Raise every reservation at that stage, when changes are easy.

Can I have everything done in one visit?

No, and be cautious of anyone who says yes.

How many veneers would I need?

However many show when you smile — which is usually six to ten upper teeth, not two. Doing two and leaving the neighbours is how a mismatch happens.

Should I get veneers or straighten my teeth?

If crowding is the issue and you have the time, orthodontics changes the position without removing tooth structure. Veneers change the appearance and are permanent. Neither is automatically right.

Will whitening work on my teeth?

Usually to some degree. Yellow-toned teeth respond better than grey. An examination is the only way to answer it for you.