

Published based on [What Can Dentist Tooth Whitening Do For You?](#)

# What Can Dentist Tooth Whitening Do For You?

As you know, teeth whitening is a cosmetic dental technique meant for whitening teeth. It's a widely used dental procedure that you can get in a number of ways by using various over the counter products or opting for professional methods. Experienced dentists perform [dentist tooth whitening](#) and they are able to turn discolored, yellowing teeth into dazzling, pearly white teeth.

First and foremost, the dentist will do a routine dental cleaning. Dental cleaning by itself isn't going to whiten your teeth, as you can emerge from a cleaning session with clean teeth that is not exactly white. That's because dental cleaning concentrates on taking off soft and hard deposits that adhere to your teeth.

Such deposits can lead to cavities. Dental cleaning is not an aesthetic treatment as it is used to prevent tooth decay and also the possible onset of gum diseases. Dental cleaning removes plaque, tartar and stains as well as deposits from your teeth. Teeth cleaning really needs to be scheduled on a consistent basis.

## Tooth whitening by dentists

Following the routine dental cleaning procedure, the dentist will proceed with the actual whitening process. This is usually referred to as in-office bleaching or chairside bleaching. First, the dentist will apply either a gel that protects your gums or a specially made rubber strip to protect the soft tissues in your mouth. Once all the proper precautions are in place, the dentist will then start applying a bleaching agent to your teeth.

These chemicals are then exposed to a special light in order to enhance the whitening action of the bleaching agent. Chairside bleaching generally lasts from 30 minutes to an hour and more than one treatment is required. If properly done, bleaching can effectively make teeth whiter after two or three procedures are completed.

Even though *dentist tooth whitening* is a very effective whitening procedure, it is not guaranteed to work on all kinds of discolored teeth. Bleaching works best for teeth that has a yellowish tone. While brown teeth or gray teeth won't have a positive whitening effect from bleaching procedures. If you would like to whiten your teeth, it is best to consult with your dentist in order to determine the most suitable course of action for your teeth.

Should your dentist flag you as a good candidate for teeth bleaching, they will do the procedure on your teeth and advise you on the proper after care. This usually means staying away from tannin rich foods and drinks that might stain your teeth like tea, wine, cola and coffee.

Of all the existing [dentist tooth whitening](#) choices on the market today, bleaching is the most effective and commonly used option. So go ahead and talk to your dental professional about the possibility of using dental bleaching for your teeth. If they see that bleaching won't work well for you, there are other procedures that they can use to make your teeth whiter.

You can also find this article published on [What Can Dentist Tooth Whitening Do For You?](#), and on the tag pages [dentist tooth whitening](#), [dentist tooth whitening bleach](#), [dentist tooth whitening procedure](#), [dentist tooth whitening treatments](#), [tooth whitening](#), [tooth whitening by dentists](#).