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Laser Tooth Whitening: Why Try This Tooth Whitening Procedure

When it comes to whitening your teeth, you have many options to choose from. You can go with an at home tooth whitening kit or opt for an in-office treatment. If you decide to go with the latter, then you should consider **laser tooth whitening** because it supposedly offers the best cosmetic teeth whitening available on the market today.

One of the biggest advantages of laser tooth whitening is the speed with which it produces results. You will see immediate results and the effect is long lasting. So if you have a special occasion coming up, you can have that dazzling smile to show off. The most common of this type of tooth whitening takes advantage of using a gel like whitening solution with the help of laser lights. A professional dentist usually performs this procedure and the process would usually last for about thirty to ninety minutes.

If you are wondering how *laser tooth whitening* works, well dentists use whitening agents which are activated with the use of laser light, a special type of light that helps in activating the gel which in turn allows the bleaching process a bit faster. It also uses heat with the help of the lights and after applying the gel, the dentist will then have the light shine on the teeth of the patient. The length of the procedure as well as the sessions would then depend on the degree of discoloration you have.

What causes your teeth to become discolored in the first place? Some of the more common causes of teeth staining and teeth discoloration are:

1. Smoking- the nicotine found in cigarettes is one of the main reasons why teeth become discolored. If you want to avoid teeth discoloration, then you need to quit smoking.
2. Chocolates- too much chocolates could also cause teeth discoloration so make sure to brush your teeth after eating chocolates
3. Coffee and Tea - drinking these beverages which uses caffeine as its main ingredient can also cause teeth discoloration so if you want to have pearly whites, make sure to brush your teeth after drinking any of these beverages.
4. Aging and genetics can also play a role. Some medications can cause a discoloration of the teeth as well.

All these factors contribute to teeth discoloration. Laser tooth whitening can be very expensive, so you want to make sure that you weigh the pros and cons of the procedure and make sure that you get it done by a professional who knows what they are doing because this procedure can even lead to tooth and gum damage if done incorrectly. So if you are looking for a fast and long lasting method to whiten yellow or stained teeth or just to transform your smile, you should ask your dentist if laser tooth whitening is right for you.

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