

Published based on [Considering Tooth Whitening? Here's What You Need To Know](#)

Considering Tooth Whitening? Here's What You Need To Know

Tooth whitening is all the rage, with teeth looking whiter and brighter than ever before. Strictly cosmetic, this dental treatment improves the appearance of teeth by lightening stains and other discolorations.

There are many reasons why teeth stain and turn yellowish in color, but the biggest culprits are the things people do every day – drinking coffee, tea and non-clear soda and smoking cigarettes. The pores on the enamel take hold of these stains which is why regular brushing can't remove them.

Age is also a factor in tooth staining and discoloration. And sometimes, teeth stain from the inside rather than from the out. Excess fluoride and certain medications can cause these intrinsic stains. Tooth whitening, a process that needs to be repeated regularly, works on the stains on the outside of the teeth.

Teeth whitening can be done while at the dentist's office or it can be done while at home. At home, you can use whitening products available at your local pharmacy or you can use custom-made trays and solutions that are prepared by your dentist.

Each requires a series of whitening procedures of varying lengths. If you're interested in having your teeth whitened, it's a good idea to discuss with your dentist the benefits and disadvantages of each method.

Before teeth whitening can begin, teeth must be cleaned by a dentist or dental hygienist and all cavities will need to be filled. Receding gum can cause a problem if it has receded so much that the roots are exposed.

Because there's no enamel on roots, whitening won't take hold. Whitening also won't work on teeth that have crowns or veneers.

How teeth whitening works

To whiten teeth, trays are loaded with a solution made with hydrogen peroxide. The trays are similar in look and shape to a mouth or night guard. The solution-filled trays are positioned over the top and bottom rows of teeth and they remain in place for one to two hours. Or if the whitening is done at home, overnight.

Sessions can be shorter when done at the dentist's office, but the patient needs to return for several visits. When done in the office, the dentist is right there to monitor the process. If done at home, care must be taken when inserting and wearing the mouth guards. If any of the solution leaks, it may irritate the gums.

In theory, the longer you keep the solution on your teeth, the whiter they'll become. However, some types of discoloration are difficult to remove. There are some whitening products that are only activated when they come into contact with a light or heat. Those are best used under the supervision of your dentist.

Whitened teeth can last just one month or 6 months or longer. The more you avoid the substances that cause staining, the longer the process should last. The only side effects of **teeth whitening** are possible gum irritation and temporary sensitivity.

Overall the process is very safe however those who are pregnant should avoid teeth whitening. To date, studies on how or if whitening agents affect a developing fetus have not been conducted.

[Cav's Tip: Get the exact same professional strength teeth whitening formula the dentist uses for less than 10% of the cost! [Learn more here](#).

Related Blogs

- Related Blogs on **Considering Tooth Whitening? Here's What You Need To Know**

You can also find this article published on [Considering Tooth Whitening? Here's What You Need To Know](#)