

Published based on [The Hidden Dangers In UV Teeth Whitening](#)

# **The Hidden Dangers In UV Teeth Whitening**

If you are considering UV teeth whitening, you will definitely want to take a close look at an article posted on the livescience.com website. I'm just going to summarize the gist of the article here but you can visit the site to read the full story.

### What is UV teeth whitening?

According to the author (Christopher Wanjek), "*light-activated teeth whitening, is usually a combination of hydrogen peroxide or carbamide peroxide with lights or lasers of various wavelengths.*" This is supposed to speed up the whitening process. But this process can damage your gums, lips and eyes and studies have shown that it does not improve bleaching.

UV light treatments also exposes you to four times the amount of radiation that you get from sunbathing and with continued use, may also cause cataracts. The author also advises against getting this type of bleaching done at a mall kiosk, since the personnel there are not in a position to assess your oral health to determine if this procedure is right for you.

As with anything relating to your health, you should carefully weigh the pros and cons of a treatment before making a final decision.

Read the full story [here](#)

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