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Get Your Hollywood Smile by Using Teeth Whitening Products

Now you too can get that Hollywood smile! You can do so by undergoing a quick and safe cosmetic dental procedure called teeth whitening. While there are many cosmetic dental procedures to help make your teeth visually pleasing, the most common and easiest teeth whitening treatment used is the application of teeth whitening products.

Teeth whitening is just one of the many branches of cosmetic dentistry. It's the most common way for you to get the perfect Hollywood smile you've always wanted. A lot of teeth whitening products are available over the counter and have easy directions to follow. Americans have spent about 1.5 billion dollars in teeth whitening products over the last year, and it's likely to stay that way.

Clean white teeth are signs of great health and good personal hygiene, so it's no surprise that more and more people are looking to improve their health as well as appearance. And you should, too.

Most teeth whitening products help to make teeth look whiter in two different ways. The first way to make your teeth white is through bleaching, or the changing the natural tooth color. Teeth whitening products are usually composed of solutions containing carbamide peroxide solution to help remove deep and surface stains.

The peroxide solution is what actually bleaches the tooth enamel (the outermost part of your teeth). The enamel of your teeth are actually porous, so coffee, wine, nicotine and even some food stains may easily enter and stain your teeth.

This type of teeth whitening is easily available over the counter at your local pharmacy. These teeth whitening products may come in toothpaste or gel form which is brushed directly on your teeth, or placed in a mouth guard. A third teeth whitening product has the bleaching solution on plastic strips that you may place directly over your teeth (that you can use directly, or with a mouth guard).

Usually the peroxide solutions in these teeth whitening products only range from ten to twenty percent to avoid tissue damage or accidental poisoning (teeth whitening products used by dentists in their treatments have at least thirty percent peroxide solution). But because the peroxide concentration is so low, it may take ten days to several weeks before you can see a dramatic improvement in your teeth.

The second type of teeth whitening is by using abrasive teeth whitening products that grind away surface stains from the teeth. The most common example for this type is your average garden variety toothpaste. Most toothpastes usually have small particles of either silica, aluminum oxide, calcium carbonate, or calcium phosphate to grind off stains that form after drinking coffee or wine, or even after enjoying a smoke or two. This the simplest way to whiten your teeth and the safest kind to use.

However, like teeth whitening products with bleaching solutions, it may take you weeks before you can see the change. If you can't wait that long, visit your family dentist and ask for advice for undergoing dental whitening treatments. But beware: Price tag-wise, these treatments may be prohibitively more expensive than over the counter do-it-yourself teeth whitening products.

There are a lot of teeth whitening products to choose from. Picking the best one is all a matter of personal preference. There are some teeth whitening products that may be too strong or too mild for you to use, so be sure to read the label, or ask your pharmacist what he or she can recommend for you. Buying a teeth whitening product is your first step to getting your Hollywood smile in place!

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