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The Pros and Cons of Teeth Whitening Strips

Teeth whitening strips are one of the most popular whitening products that you can use to improve your smile. If you can't decide which whitening product to choose, read on and learn more about the pros and cons of teeth whitening strips, so you can decide if teeth whitening strips are suitable to making your smile brighter.

Teeth whitening strips are very effective for whitening teeth. They are made from thin plastic strips with one side coated with a mild carbamide peroxide solution, which whitens your teeth through bleaching. Using a whitening strip is easy: Just press the coated side against the teeth for up to forty-five minutes, twice a day. But not even whitening strips are perfect.

One of the advantages to using whitening strips is cutting down the cost for whitening your teeth. Expense is one of the many considerations of teeth whitening products, and whitening strips is a less expensive way to go. A dental in-office whitening treatment can be prohibitively expensive compared to using an over the counter whitening strip. The average price for a pack is between twenty to thirty US dollars per pack of teeth whitening strips.

Experts believe that in weighing the pros and cons of teeth whitening products, convenience is a huge factor as well. Whitening strips are not only affordable, they are convenient to use, especially at home. Just pull out a strip, place the coated side directly on your teeth, and let it stay there for half an hour, everyday, for two to four weeks. It's that easy.

On the other hand, one disadvantage of whitening strips is gum irritation. If you have sensitive gums and teeth, this seriously limits your choices of teeth whitening strips. For sensitive gums and teeth, use only whitening strips with the mildest peroxide solutions. Most whitening solutions, if abused, may harm your gums and cause your teeth enamel to weaken.

Another disadvantage of teeth whitening strips is its shape. If the whitening strips can't cover all of your teeth, this could result in uneven whitening. And because it has a straight form and is made of plastic, there's no guarantee that you can get it around the contours and spaces between your teeth. Improperly fitted strips may also cause an uneven whitening of your teeth. Because it may fit poorly, whitening strips may inadvertently come in contact with your gums, resulting in gum irritation, especially for people with sensitive gums and teeth.

More and more people are using teeth whitening strips as a practical and cheaper alternative to dental teeth whitening treatments; just don't expect to get the same results as you would with professional in-office treatments.

Now that you've learned about the pros and cons of teeth whitening strips, deciding which brand of teeth whitening strip to choose is made easy. Pick one that's suitable for you and gives you something to smile about.

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