

Published based on [Top 10 Considerations of Dental Tooth Whitening - Part I](#)

Top 10 Considerations of Dental Tooth Whitening - Part I

Today there are many teeth whitening systems available to you, both at home and at your dentist's office. You can use whitening toothpastes, over the counter gels, strips and trays and also have your dentist apply whitening agents to your teeth as well. Dental tooth whitening is generally ideal for people who have healthy teeth without any dental appliances and without any gum disease symptoms.

While there are a lot of options for tooth whitening, you need to be aware that there are also risks associated with the procedure.

If you are considering whitening your teeth, there are many things you should know about the process. Here are the top 10 considerations for anyone interested in dental tooth whitening:

Consideration #1 - Can you start with a whitening toothpaste first? If your teeth are not too badly stained it is always a good idea to start the whitening process with a toothpaste containing hydrogen peroxide and baking soda. They are capable of removing surface stains and whitening your teeth about one shade.

Consideration #2 - If you want to have more of a bleaching effect than you can achieve with a whitening toothpaste, try using over the counter whitening strips or gels. These products contain peroxide and can whiten your teeth in anywhere from 10 to 14 days of use.

Consideration #3 - Another home system you can try if you are not getting the desired results with a whitening toothpaste, is to try a tray-based whitening system. This system will come with a mouth guard to wear in your mouth and a gel whitening solution to put into it. You can purchase these systems over the counter or from your dentist's office.

Consideration #4 - In-office bleaching of your teeth provides you with the quickest and most effective way you can whiten your teeth. In your dentist's office a whitening product is applied to your teeth and then a special light or laser is used with it. The light or laser accelerates the whitening process and you can see amazing results in only an hour.

The biggest consideration for in-office bleaching is that it generally is expensive. However, if you have a discount dental plan which covers cosmetic dental procedures, then this can be a great option.

Consideration #5 - Tooth whitening is not permanent. Your whitening efforts can start to fade in as little as a month if you expose your teeth to foods and beverages which cause staining. If you do not consume teeth staining foods and drinks, you will still notice a change in your tooth color within a year of your whitening.

Related Blogs

- Related Blogs on **Top 10 Considerations of Dental Tooth Whitening – Part I**

You can also find this article published on [Top 10 Considerations of Dental Tooth Whitening - Part I](#)