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Top 10 Considerations of Dental Tooth Whitening - Part II

Consideration #6 - In-office bleaching uses a stronger bleaching agent for faster and better results. However, the bleaching agent can cause you problems with your gums or extra sensitivity in your teeth. This can be worse when you have whitening done in a dentist's office with the stronger bleaching agents.

Consideration #7 - If you will be using a tray-based system, you want to choose one which allows you to mold the trays to your unique teeth design. This will help the system work a lot better.

Consideration #8 - Your dentist will apply a gel or use a rubber shield to protect your gums from the whitening agents. If you choose to whiten your teeth at home you will not have this additional coverage and can sustain damage to your gums over time.

Consideration #9 - Children under the age of 16 should never use a whitening product because the pulp chamber, or nerve of the tooth, is still growing. By submitting the pulp chamber to the bleaching agents a child can cause their teeth to become very sensitive to hot and cold.

Consideration #10 - Pregnant women should never whiten their teeth while pregnant.

As you can clearly see, there are lots of things to consider when you are thinking about whitening your teeth. For the best results, even if you want to whiten at home, you should ask your family dentist for advice.

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