

Published based on [Understanding the Pros and Cons of Teeth Whitening](#)

# **Understanding the Pros and Cons of Teeth Whitening**

A lot of people have now become very interested in [teeth whitening](#). With the available products and resources, almost anyone can have his teeth whitened. It is important to remember though that nearly everything has a price. If you want to have your teeth whitened, you should first understand the pros and cons of teeth whitening.

### **Advantages of Whitening**

For some of us, our self-esteem is the reason why we want whiter teeth. Having slightly off-white teeth is probably okay and may even be a sign of dental health. It's a different story though if you have dark yellow teeth or teeth that are irregularly colored. This is not just embarrassing, having badly discolored teeth could be potentially damaging to your career and personal life.

Contrary to popular belief, actors and actresses aren't the only ones who need to know about teeth whitening. The average person also needs some knowledge about [teeth whitening](#) too. They would need good looking teeth when they face customers and clients at work or simply when they meet with special people in their lives.

### **Whitening Solutions**

Since you are already interested in discovering the pros and cons of teeth whitening you should also know about the potential solutions to discolored teeth. There are a variety of products on the market that you can choose from. You can have your pick among whitening strips, toothpastes and bleaching kits. If you are not comfortable with any of these products, you have the alternative of approaching a dentist. A dentist can customize a bleaching tray for you for you to use. He can also use lasers to assist in whitening your teeth.

Some experts would say that one should assess the pros and cons of teeth whitening only when using over the counter products. Dentist-assisted whitening is not really dangerous except in the hands of incompetent practitioners. The real danger in whitening teeth is in the overuse or misuse of common whitening products.

### **Disadvantages of Whitening**

The least alarming disadvantage of teeth whitening is irregular whitening. Whitening strips and trays are not shaped like our teeth at all. Even if you could mold trays, they will not always fit your teeth perfectly. This will result in irregular or patchy whitening. You should also know that if you have fillers or artificial dental attachments, they will not become white with the use of whitening products.

The worst part about the misuse of whitening products is that you could actually damage the different parts of your oral cavity. Using too many abrasives for example could thin out the enamel of your teeth which could make it more prone to damage and decay. Other than your teeth, the nerves and tissues of your gums and cheeks could also be damaged by the repeated use of chemical whiteners.

Now you know the major pros and cons of [teeth whitening](#), if you are irrevocably decided on whitening your teeth, then decide carefully on the best solution or procedure for you. Remember to use products only as indicated.

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