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What You Need to Know About Your Teeth Whitening Tray

Today teeth whitening have become an obsession for a lot of people. In the past, you could only get your teeth whitened through the professional assistance of a dentist. These days there are other more convenient ways to perform the procedure.

Whitening Teeth

The truth is that teeth are not exactly pure white in color. In fact, a number of dentists do honestly say that a slightly off white teeth color is a sign of dental health. Then again, there are also some obvious teeth stains that can become embarrassing. Teeth that are too yellow may have acquired their color through repeated and constant intake or use of such substances as tea, coffee and cigarettes.

Teeth Whitening Tray

These days there is now a more convenient way to have your teeth whitened in the comfort of your own home. You can simply use a [teeth whitening tray](#). In this method of teeth whitening, you would have to apply a whitening gel on a tooth guard or tray. You would then have to wear the tray over your teeth for a prescribed number of minutes or hours for a couple of times a day. You can choose to use a tray that can be bought over the counter or you can ask your dentist to make one for you.

Active Ingredients

The number of hours, days and weeks that you would have to wear and use a [teeth whitening tray](#) would depend on the specific product you chose. Each product would have a specific active ingredient in a specific percentage concentration that would determine proper product use. Whitening products for trays usually contain either hydrogen peroxide or carbamide peroxide. The latter however is more commonly used. The whitening of teeth occurs when the oxygen released from the breakdown of the active ingredient works on the stains.

Custom-Made vs. Over the Counter

The main point of concern for a lot of individuals now is whether to get an over the counter teeth whitening tray or one from a dentist. There are some things you may have to think about.

- Over the counter products that are considered perfect fit can be self-molded for the specific size and shape of your teeth. It is obvious though that the first benefit of asking a dentist to do the job is that he can make a tray that is specifically suited for you alone. You can definitely get a closer fit through a dentist.
- Aside from the benefits of having a personalized teeth whitening tray, a dentist would also normally conduct a thorough oral check-up before instructing you about whitening. This can ensure that you get the exact whitening ingredient and chemical strength that will be suited to the unique stain conditions of your teeth.

Other Considerations

You should take note that teeth whitening usually results in teeth sensitivity. More importantly, teeth whitening products usually do not have an effect on caps, fillings and sometimes even on teeth areas exposed by receding gums. This is another reason why a dentist's evaluation is important before attempting teeth whitening.

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