

Published based on [Your Choices In A Teeth Whitening System](#)

# **Your Choices In A Teeth Whitening System**

Our teeth aren't immune to stains or discoloration because they are actually porous. Fortunately, there are now numerous teeth whitening methods available in a [teeth whitening system](#), which your smile can definitely benefit from.

A teeth whitening system mainly involves bleaching. There are two major kinds of bleaching: one is the office bleach involving high concentrations of an oxidizing agent, and the other is over-the-counter bleach involving a strip or mouthguard with low concentrations of an oxidizing agent.

Whether you should use the method with high concentrations of bleach or one with lower concentrations depends on how white your teeth should be for the most aesthetically pleasing effect. Oftentimes your dentist will present you with a chart illustrating different shades of white. You may choose to go 4 shades to 10 shades lighter, depending on your taste.

Your choice should also be based on how serious the tooth staining is. For example, yellowness caused by coffee or red wine can benefit from some bleaching. On the other hand, smoking and tetracycline may cause more serious staining and/or discoloration that may benefit from more thorough bleaching or alternative methods.

For most yellow tooth stains, you may use an over-the-counter teeth whitening system such as gels and strips. You may purchase one from a drugstore, department store, online or even your dentist.

Teeth whitening gels often come with mouth trays, where you can place the gel and apply over teeth for just a couple of hours. Strips are coated with whitening agents and can be applied directly and immediately secured over your teeth. All these products often come in kits as a whitening system as well as in prescription strength.

A very effective whitening system is often one that is prescribed by your dentist, but may be a bit more expensive than the regular ones. However, the more important thing lies in choosing carefully according to your taste as well as the condition of your teeth.

An over-the-counter teeth whitening system often needs to be applied for a number of hours within a 5 to 14 day timeframe. You may use [whitening mouthwashes](#) and [toothpaste](#) alongside your whitening kits.

If you think you need more powerful bleaching methods, you may want to consider in-office whitening. In-office whitening can safely and effectively whiten your teeth up to 10 shades whiter in less than an hour. During this method, your lips and gums will be protected with a rubber guard or gel. Whitening gel will be applied every 15 minutes—depending on what shade you're satisfied with—where a particular light source stimulates and speeds up the whitening process.

Tooth veneers can also be applied by your dentist. These are not only able to whiten but also repair cracks, chips, and gaps.

Before using a [teeth whitening system](#), it's always wise to consult with a dentist. Focus not only on how white you want your teeth to be, but also other factors such as sensitivity, overall condition of your teeth, and which method best suits you.

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