

Published based on [3 Popular Tooth Whitening Systems For You to Try](#)

3 Popular Tooth Whitening Systems For You to Try

There is no denying that today; teeth whitening is definitely one of the most in demand dental cosmetic procedures. Our custom and society hold white teeth as being the accepted form of beauty and as a result many individuals want to have dazzling, white teeth. If you're not among one of the fortunate people that have healthy white teeth, then you can use one of the various [tooth whitening systems](#) to achieve a dazzling white smile. Listed below are a few of the best-selling systems available.

Different types of tooth whitening systems

Tooth Whitening Toothpaste - in terms of teeth whitening, this is definitely the most popular product available. Just about every top toothpaste brand offers their particular whitening toothpaste. Almost all of these toothpastes use sodium bicarbonate or baking soda as a whitening agent.

Whitening toothpaste whitens teeth by slowly grinding off the surface stains of the teeth. The sodium bicarbonate acts like an abrasive and grinds off the outer surface to be able reveal the white underlying it. Results typically appear a few weeks after regularly brushing your teeth with whitening toothpaste.

Whitening Trays with Gels - as far as whitening products and systems go, this is definitely the best option. However, it also happens to be by far the most inconvenient and difficult to work with. This is due to the fact that this method uses special whitening gels, which are directly applied to the teeth.

The active ingredient on these gels is carbamide peroxide a very effective whitening agent. To apply the gel to the teeth, specially made dental trays are used in order to keep it in place after application. Results are almost immediate when using whitening gels.

Paint on Whitening Products - this product strikes a balance between convenience and effectiveness. It uses exactly the same whitening agent as whitening gels although at a different strength. Each bottle has a special applicator for you to use in order to paint each tooth with the whitening agent. The solution is then left on the teeth for about 30 minutes and immediately brushing the teeth after in order to remove it.

It is recommended that the product should be applied to the teeth twice a day. Results will be visible within several days to two weeks of regular usage. This will depend upon just how discolored or yellowing the teeth are prior to using the product.

Out of these three [tooth whitening systems](#), the trays with gels is by far the most effective and longer lasting solution and it is the closest to getting dental office whitening at home. When deciding on a method, it is best to just pick one and stick with it. All things considered, select the system that you feel works best for your lifestyle and meets your needs. Regardless of what kind of lifestyle you've got, there will undoubtedly be at least one system that will suit it ideally.

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