

Best Teeth Whitening Procedures

Is your smile starting to look a bit dull or are you noticing yellowing teeth? It might be time to consider a teeth whitening treatment. You can choose from one of the many do-it-yourself whitening systems or a professional whitening done at a dentist's office.

Teeth whitening systems work by applying a chemical substance, like bleach, calcium phosphate or potassium nitrate, to the surface of the tooth. These products work on the exterior of the tooth and help brighten the top layers of enamel stained by years of smoking or drinking products such as coffee, tea, cola and red wine.

Consumer Teeth Whitening Options

At home treatments typically range from \$25 to \$100 and have to be used over several days or weeks for the best results. At home procedures are not recommended if you have sensitive gums, as a bleaching agent may splash onto your gum-line and cause irritation. Home teeth whitening products include a variety of options including:

- Rinses
- Gels
- Toothpastes
- Strips
- Generic mouth trays

Top Consumer Teeth Whitening Products

Top Consumer Reviews, and other websites, list the most popular over-the-counter tooth whitening products for home use. A few of the systems receiving the best reviews, year-after-year, include:

Crest 3D White Whitestrips
Brilliant White Tooth Whitening Kit
Plus White 5 Minute Speed Whitening System

Professional Teeth Whitening

You should visit a dentist for the best results when opting for a tooth whitening treatment. Advantages to having your teeth whitening procedure done at a dentist office include custom fit mouth trays, stronger chemical solutions and shorter treatment time.

Many products available from dentists, such as Opalescence and Zoom, can be done in the comfort of your own home. Consultation with a qualified cosmetic dentist will make sure you get the product best for you.

Not everyone should have their teeth whitened. Many specialists advise against having your teeth whitened if you have very dark stains, exposed roots, gum disease, worn enamel, are pregnant or under 16 years old. If you have any of these issues, you are probably better suited to a permanent whitening procedure such as veneers or bonding.

Foods to Avoid After Whitening Teeth

Did you know you should avoid certain foods for the couple of days after you get your teeth whitened? Dentists recommend that you pay close attention to your diet for the first 48 hours after your procedure. These foods are probably what stained your teeth in the first place.

You should always try to rinse out your mouth and/or brush your teeth immediately after eating/drinking any of these stain-inducing foods.

- Red wine
- Coffee
- Cola
- Black tea
- Fruit juice
- Oranges
- Carrots

Search for Cosmetic Dentists on MedSpa.com

Unfortunately, since these products only work on the surface, if your tooth discoloration extends beyond the surface level of the enamel, these whitening systems won't produce a noticeable difference. Trauma, such as an injury, or the use of antibiotics at a young age, often cause permanent tooth discoloration. A trip to the dentist is in order if you are looking for a permanent solution to produce a bright white smile. Search the MedSpa.com directory for a [cosmetic dentist](#) near you specializing in dental implants, bonding, veneers or crowns.

Teeth Whitening Research

For more information on home whitening vs professional whitening and reviews of consumer products, check out these informative websites.

1. Top Consumer Reviews - <http://www.topconsumerreviews.com/teethwhiteners/>

2. Web MD - <http://www.webmd.com/oral-health/healthy-mouth-14/beautiful-smile/teeth-whitening-at-home-dentist>
3. American Academy of Cosmetic Dentistry - <http://www.aacd.com/whitening>
4. Consumer Guide to Dentistry - <http://www.yourdentistryguide.com/teeth-whitening/>