



TEETH WHITENING PASTE: Does It Really Work, Is It Safe, & Which Types Dentists Recommend?

1. DOES IT REALLY WORK?

Surface Stains
Coffee, Tea, Wine, Tobacco

Surface Stains REMOVED
Mild abrasives (hydrated silica)

Deep/Intrinsic Stains
Limited effect on deep/intrinsic discoloration. Expect results in 2-6 weeks.

2. IS IT SAFE FOR DAILY USE?

OVERUSE RISKS:
Enamel Erosion & Sensitivity.

Daily Schedule
☀️ Whitening Paste 🌙 Fluoride/Enamel Repair Paste

RDA (Relative Dentin Abrasivity)

Abrasivity Level	Safe for Daily Use
Low Abrasive (<100)	Yes
High Abrasive (>150)	No

Look for ADA Seal of Acceptance.

3. WHICH TYPES DENTISTS RECOMMEND?

ABRASIVE POLISHERS
Hydrated Silica, Calcium Carbonate
Best For: Food/Drink Surface Stains.

PEROXIDE-BASED
3%-5% Hydrogen Peroxide
Best For: Deep/Intrinsic Whitening.

SENSITIVITY-SAFE
Potassium Nitrate, Nano-hydroxyapatite
Best For: Pain-Free Whitening.

REMINERALIZING
Nano-hydroxyapatite (n-HA)
Best For: Repairing Enamel While Brightening.

Tips: Alternate Use, Soft Bristles, Consult Dentist First.

5 Realities About Teeth Bleaching You Should Know Kirkland Family Dental Care Routine brushing and flossing can assist your teeth remain white by decreasing germs in your [Quick Teeth Whitening \(60 Minutes\)](#) mouth and preventing plaque build-up. To try this treatment, mix 1 teaspoon (6 grams) of cooking soft drink with 2 teaspoons of water (5 ml) and clean your teeth with the paste. The method involves swishing oil around in your mouth to eliminate microorganisms, which can develop into plaque and trigger your teeth to look yellow. We are committed to offering top quality healthcare to family members located in the Sharon area and reward people of every ages. We are committed to giving quality healthcare to families located in the Fair Oaks area and treat people of all ages. We are devoted to giving high quality healthcare to families found in the Bowie location and reward individuals of all ages.

Over The Counter Tooth-whitening Treatments

If your dental expert offers this option, they can custom-made create whitening trays to fit your teeth-- permitting you to make use of less gel and have an even more comfy fit. Teeth whitening is a whitening process achieved with either hydrogen peroxide or carbamide peroxide. If you want remarkable results and you want them quickly, there is no alternative for in-office bleaching. During in-office bleaching, the dental professional will

apply a bleach-based item directly to your teeth while boosting the treatment with warmth. Brush with fluoride tooth paste to help reinforce your enamel and minimize sensitivity.

Teeth Whitening 101: What Is The Excellent Shade Of White?

- For laser teeth bleaching, a client will commonly come in for an hour-long session and after that utilize created take-home teeth-whitening trays for long lasting results.
- They likewise racked up well for having easy guidelines, really feeling comfy to maintain in the mouth, no undesirable preference, and eliminating surface area spots from teeth.
- For noticeable teeth that are as well heavily tarnished for a bleaching representative to remove the staining, porcelain veneers are a fantastic alternative.
- Oil drawing entails swishing a tbsp of coconut oil in your mouth for 10-- 20 minutes.

If you have crowns, veneers, or dental fillings on your front teeth, lightening won't alter their color and can create unequal results. Over-the-counter pain relievers can aid if you experience significant pain. Taking breaks between bleaching sessions allows your enamel to remineralize and minimizes the possibility of prolonged level of sensitivity. You'll purchase lightening gel to use at home (it keeps in the fridge) anytime you wish to lighten your teeth. For teeth lightening at your dental expert's office, anticipate 1-3 sessions of minutes each. Bear in mind to adhere to tag directions or talk to your dental practitioner before making use of at-home products, as overuse can harm your periodontals or tooth enamel. He made his D.D.S. at Instance Western Reserve College and afterwards went back to practice dentistry in Kirkland, where he has actually entered into the neighborhood. Dr. Matt Parker is committed to supplying the exact same degree of care to each person that he would certainly to a member of his own family members. He appreciates participating in proceeding education and learning programs and is always searching for new means to improve the top quality of the oral work he supplies. Our practical personnel can answer any kind of inquiries you might have pertaining to payment choices, insurance coverage, same-day consultations and various other treatments supplied at Chelsea Dental Aesthetics.

How At-home Lightening Therapies Work

Over the counter teeth lightening products are typically the most accessible choice, however it can take months to obtain significant outcomes with them. To make points worse, reduced quality OTC bleaching products occasionally have abrasive active ingredients that can damage teeth enamel. Expert teeth whitening is a typical means dental professionals treat teeth discolorations.

The length of time are your teeth pores open after bleaching?

The pores in your enamel open throughout the teeth lightening treatment. You can wait on 24-48 hours for them to close. Once they do, your teeth ought to really feel less porous, and you can resume your regular habits.

Where several crowns are required straight, a porcelain bridge can be utilized instead. Veneers are permanent, artificial tooth coverings that can change the look of permanently damaged teeth without the expense and procedures of dental implants. Obtaining a teeth cleansing every 6 months is a really important part of preventing tooth spots and yellowing. Don't acquire over the counter gels over 10% concentration to use in your home. Crunchy fruits and vegetables are known to rub off plaque from your teeth while you chew them. Your dental practitioner can lighten your teeth by several shades in just one browse through. If you have thin enamel or existing sensitivity issues, bleaching representatives will certainly impact you more extremely. The frequency of treatments matters as well-- several sessions close with each other provide your teeth less time to recuperate

between applications. Whitening items function by penetrating your tooth's external layers, which can expose the inner components of your teeth and cause discomfort.