

What Are The Effective Teeth Whitening Treatments?

Whitening toothpaste, over-the-counter gels, rinses, strips, trays, and things you acquire from a dentist are just a few of the numerous [teeth whitening Houston](#) methods and items available. People with healthy, unrestored teeth and gums are the best candidates for teeth whitening. People who have yellow-colored teeth respond well. But not everyone should have this aesthetic treatment of **teeth whitening near me**.

For how long does the whitening effect last?

Professional teeth whitening is temporary. When people consume food and beverages that can stain their white teeth, the whiteness of their teeth may start to deteriorate in as little as one month. Depending on the state of the teeth, the amount of staining, and the kind of bleaching procedure, the degree of whiteness will differ from person to person.



What are the methods of whitening the teeth?

Talk to your dental expert to determine which teeth whitening method suits you. There are several [best teeth whitening](#) options available such as:

Whitening toothpaste

Due to the mild or moderate abrasives they include, all toothpaste can remove surface stains. Some toothpaste can remove stains more effectively than others by using chemical or mild polishing agents. Whitening toothpaste can bring the color of the teeth up to one shade. On the other hand, teeth whitening with prescription strength done by a [teeth whitening dentist](#) at the dental office can whiten your teeth in three to eight shades.

Over-the-counter whitening gels and strips

They apply clear, peroxide-based whitening gels with a little brush to the surface of your teeth. Different instructions are required depending on the peroxide's strength, and the product's instructions are closely followed. According to [Walk In Dentist near me](#), the first results appear after a few days, while the last appear after around four months. A complete procedure can last up to 10 to 14 days.



Tray-based teeth whiteners

Fill a mouthguard-like tray with a gel whitening solution that contains a peroxide-bleaching agent in tray-based tooth whitening systems, which can be bought over the counter or from a **Teeth Bleaching Dentist**. You may wear the tray for a while, typically from a few hours to every night for up to four weeks and even longer.

What are the methods to keep the teeth white?

- Avoid stain-prone meals and beverages. Anything that contains tannins or acids might dull your teeth. Avoid too much soy, curry, tomato sauce, white and red wine, sports drinks, carbonated beverages, black tea, and coffee if you want to keep your grin bright.
- Maintain healthy oral hygiene habits. It would be best to use dental floss at least once a day to remove plaque, brush your teeth at least twice a day, and use an antiseptic mouthwash at least once a day to kill the germs that create plaque.
- Consume produce and foods high in calcium. Consuming fruits and vegetables can act as a dental "scrubber." Consider how fresh your mouth is after finishing a crisp apple.

- Avoid tobacco. Your teeth might become discolored from chewing tobacco, cigars, cigarettes, and pipes. If you stop smoking, you'll have brighter teeth and a healthier heart.

Conclusion

The above-given information highlights the critical aspects and methods of teeth whitening. For more beneficial information, please visit emergencydentistinhouston.com.

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