

What is Laser Teeth Whitening And How Does It Work?

Laser teeth whitening also referred to as power whitening, has become one of the most common ways to solve the problem of discolored teeth. The most common method is to whiten teeth by soaking them in a solution of hydrogen peroxide or a similar substance and it could either be completed at home or at a dental clinic. But either way, whitening was completed over the period of several days or weeks. But in recent years, laser teeth whitening procedures have gained a lot of popularity. This whitening method gives faster results and requires fewer whitening sessions. You can also use the [best teeth whitening kit](#) to get a whiter smile.



Getting the treatment done by a professional dentist is comparatively better than relying on DIY altogether using **Teeth Whitening Kits**. A **Teeth Whitening Dentist** will ascertain the position of a patient's teeth structure and accordingly suggest the kinds of whitening procedures appropriate for them. Laser whitening treatment aims to enhance the process of whitening through the interaction with the gel that causes whitening.

How does the treatment procedure work?

The professional places a rubber dam inside the patient's mouth to protect his/her gums from the chemicals. Then, a layer of bleaching gel is applied to their teeth that contains neutral PH levels. In the next step, professionals use the whitening gel for the laser that helps activate the mineral accelerant to give the expected results. At this point, it hides the tooth's enamel and lets the whitening gel get penetrated into the tooth's deeper levels, and so the teeth whitening. It is possible for the teeth to look up to five to six shades brighter with this **best teeth whitening procedure**. The purpose of the laser is to speed up the process of whitening through its interaction with the gel that offers a dazzling smile. It typically takes about one

hour for the procedure and is considered safe and it does not cause damage to the gums or the structure of the tooth.

What are the benefits of laser teeth whitening?

- There is no additional equipment or appliances used that may cause irritation or bleeding to the gums. The procedure is absolutely safe if it is practiced under the experts' supervision.
- You can notice the effects quickly after the procedure. Your teeth are immediately several shades lighter than their previous color.
- This method may offer long-lasting results. It also depends on your daily oral care routine. A [dentist near me](#) recommends brushing your teeth twice a day and then using mouthwash as well, this will prevent any plaque from reappearing and keep stains from setting.



It is a very effective method that will improve the appearance of discolored teeth. It reduces the yellowing that can happen with age and will make your teeth appear whiter than before.

The procedure is completely safe as precautions are taken by your dental specialists such as rubber shields for your gums and neutralizing gels, these will ensure that your gums, mouth, and tongue will not become affected.