

What Are Teeth Whitening Systems?

Whitening toothpaste or over-the-counter rinses, gels, strips, trays, and things you acquire from a dentist are just a few of the numerous [Teeth Whitening Treatment](#) methods and items available. People with healthy, unrestored teeth (no fillings) 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. It was never so easy to brighten your smile at home. You can try several teeth whitening products, such as Gels, rinses, toothpaste, chewing gums, and strips.

If you want to try teeth whitening at home, **Teeth whitening Houston** specialists suggest consulting with your dentist first. Especially if you have

- Dental restorations
- Sensitive teeth
- Lots of browns and fillings
- Single dark tooth or very dark stains.

According to **zoom teeth whitening near me**, you should select a product that falls inside that range in terms of peroxide content. You can choose a higher level if the product doesn't bother your mouth but doesn't have the desired lighting effect. Your dentist can assist you in locating the whitener that best suits your needs if you have any questions.



What are the safety tips for teeth whitening?

Follow instructions.

According to **zoom whitening near me**, if you leave the strips or gels on longer than recommended, you risk causing painful gums and opening yourself up to other issues. Stay away from soda, sports drinks, and other acidic drinks for a couple of hours to safeguard your teeth after teeth whitening.

Protect your sensitive teeth

After whitening, you can experience some slight sensitivity, but it usually passes quickly. If your teeth and gums are in healthy condition, it might not be as much of a problem. Stop the procedure if it disturbs you, then consult your dentist. If the gel-filled trays you wear over your teeth like a [Bruxism Mouth Guard](#) don't fit properly, they may also irritate your gums.

Please do not overdo it

How many teeth are whitening too much? If you get a good result by following directions and get a good result. A touch-up session once a month is a good result. If your teeth reach your desired shade, you'll need to repeat the multiple bleaching or whitening sessions twice a year or less.



What is the difference between the supervised and unsupervised process of teeth whitening?

First, based on the stains' type and severity, the restorations' quantity and location, and your comprehensive medical history. Your dentist can do an oral exam and assess whether bleaching is the best course of therapy. If necessary, your dentist can better match the type of stain with the best treatment to make those stains lighter.

When your dentist performs it, they'll probably want to see you a couple of times to answer any concerns you may have about the instructions, ensure the personalized tray fits comfortably, check for irritability in your gums, and evaluate how the procedure is going. You are on your while using over-the-counter bleaching products.

Conclusion

We hope the above-given information will help you learn some beneficial factors regarding teeth whitening treatment. For more information regarding teeth whitening, please visit edgedentalhouston.com.

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