

What Are the Most Asked Questions About Teeth Whitening?

Teeth whitening is a cosmetic procedure that significantly reduces stains from your teeth. A cosmetic dentist does this treatment, and one for the safe and effective way to see results. But the question arises in your mind how much time will it take? Will this procedure have any side effects? And what are the pros and cons of teeth whitening treatment? In this article, you will learn general queries about teeth whitening.

Is teeth whitening safe?

Many people think teeth whitening is not a safe procedure, and this is far from the truth. Because an authentic and experienced dentist performs teeth whitening procedures, also this procedure is very safe. However, overdoing any of this will be harmful. Your teeth' enamel is temporarily stripped during the whitening process, and if overdone can cause harm to your teeth.



Will teeth whitening results last forever?

No dental appliance stays forever except a few. Your teeth whitening results also last for approx five to 10 years. Moreover, patients with good oral health routines are more likely to see longer results than expected. So, you should brush and floss your teeth after every meal and avoid drinks that may contain food color or red wine and coffee. Also, you should consider visiting [Teeth Whitening Services Near Me](#) at least twice a year for regular checkups and deep dental cleaning treatment.

Is sensitivity normal?

You may feel minor sensitivity during and after the whitening treatment because teeth whitening products contain peroxide, which is used to strip the teeth' enamel. When the enamel is stripped of the stains, your teeth are more vulnerable and can cause temporary sensitivity to hot and cold items.

How often can teeth whitening be done?

Professional [Teeth Whitening Houston Tx](#) should be done in moderation. Most dentist recommend the procedure can take 5 to 6 months, depending on the patient's situation. Overdoing can cause long-term sensitivity, as well as unhealthy gums.

At what age can teeth whitening take place?

For the most part, teeth whitening can occur once patients complete their teenage years. Dentists also recommend **Tooth Whitening Near Me** for childrens or patients that still have baby teeth. However, adults are the best candidates for the procedure because their teeth are developed and may have discolored teeths and stains.



Are there ways to make teeth whitening results last?

Patients can do a few things to make their teeth whitening results last. Some of the ways are:

- You should brush your teeth every meal
- Avoid colored beverages, including wine, tea, or coffee
- You should also maintain regular visits with your dentist
- Avoid dyed mouthwashes because they may discolor your teeth.

Conclusion

If you have stained teeth or discolored teeth, you should consider visiting [Best Cosmetic Dentist Houston](#) to learn more about [zoom whitening near me](#). Also, for long-lasting effects, you should maintain good dental practices such as brushing and flossing at least twice daily. Also, you should visit a dentist for a regular checkup once a year.

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