

Are Teeth Whitening Procedure Permanent?

Everyone loves to have a lovely, optimistic smile. But over the years, you may lose your bright gorgeous smile; stains and discoloration can occur and makes your smile less attractive. Consuming coffee, red wine, or other colored beverages, eating berries, eating pasta sauce, or smoking can cause teeth to stain over time.



Since then, teeth whitening has become a popular procedure. People who have a yellow tint in their teeth follow the [best teeth whitening](#) treatment.

However, you may have many questions about teeth whitening, like “Are teeth whitening a permanent option?” You can contact **Teeth Whitening Dentist** for more information and ask all the questions you are coming up with.

What is Teeth Whitening?

It is a cosmetic dentistry procedure to whiten teeth and deliver a flawless smile. The process is painless, and the dentist performs it without any anesthesia. The dentist places the gel-filled trays inside your mouth, which are usually a mixture of bleach and hydrogen peroxide. The gel solution is kept for about 20 to 30 minutes on your teeth, depending on the color of your teeth. This procedure is a 1-hour procedure.

How Long Does Teeth Whitening Last?

Teeth whitening is not a long-lasting procedure; it is not permanent. The total time of teeth whitening depends on the cases. It usually lasts for more than 2 months, depending on your eating. If you are consuming more coffee, red wine, etc. You are likely to get this stain on your teeth again. You must avoid too many sodas, red wine, and coffee and avoid or quit smoking.

You need to practice good oral hygiene to maintain the whiteness of the teeth. Drink a lot of water, brush twice, and floss your mouth once daily. Visit your dentist regularly for oral checkups.

Dentists usually don't recommend using **Teeth Whitening Kits** as you are not trained to use the product, so you may not see the desired results. It is better to visit a professional dentist for teeth whitening.

Are you an excellent candidate to whiten your teeth?

No doubt, teeth whitening is recommended as the best option to whiten your teeth as it gives you beautiful white teeth and a smile. But it is not everyone. You must check it with your dentist before continuing the whitening process or using the **best teeth whitening kit** at home.



The following people should avoid the teeth whitening process:

- Pregnant women.
- Kids under age 16.

You should consult with your dentist before the whitening process. Generally, it is a safe procedure, but some risks can still cause dental problems like sensitivity and tooth pain. You should talk to your dentist about the process before.

In Conclusion:

If you want to whiten your teeth, consider talking to a [dentist near me](#) and asking all the questions related to teeth whitening. Confirm that you are a good candidate for teeth whitening. You can schedule an appointment with the dentist and get dazzling white teeth in 1 hour. Make sure you maintain good oral hygiene and avoid drinking coffee and sodas that can stain your beautiful white teeth.

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