

# What Are Types Of Teeth Whitening Options?

Not even one person says they don't like a white smile. But unfortunately, with your age, there is a gradual loss of your teeth's shine and brightness.

The enamel is the outermost layer of your teeth that you see, the enamel is the hardest substance of your teeth structure that offers protection, shine, and color to your teeth, but the time goes by, there is a constant decrease of tooth layers because of the food and drink consumption, medicines intake, wine, or smoking. If you find your teeth are affected, you should opt teeth whitening procedure to ensure their color and shine.

Teeth whitening procedure helps in restoring your teeth aesthetically and gives a proper shine. Midtown Dental removes discoloration of the tooth with the help of a cosmetic procedure. Whitening is gaining popularity in all sections, especially among teens and adults. But whitening is only for teeth; it does not whiten your crown or any other device. If you want to whiten your teeth, you might need to replace these devices.



## Process of Teeth Whitening

You may wonder how infection or bacteria can perish your teeth because teeth are not solid structures; they have tiny pores. So, when you consume any food item or drink, they absorb in small amounts and settle in your teeth over the years, resulting in teeth staining.

[Teeth whitening near me](#) is a relatively safe procedure in the hands of an experienced and trained cosmetic dentist. In this process, your dentist opens the pores that have to absorb stains and cleans them. These pores do not stay open and will close after the procedure is complete. There are various dental whitening treatments that [Teeth Bleaching Services](#) will help you know which is best for you.

## Types of Teeth Whitening

### Custom Fit Tray Bleaching

Custom-fit trays are whitening products in which your [nearest dentist](#) fits trays with gel and whitening substance over them, ensuring maximum exposure to your teeth. These trays are convenient and help to whiten teeth in minimal periods.



### Whitening Strips

Whitening strips are thin strips of whitening material. They are easily available in dental stores, or you can visit the dentist for **teeth bleaching near me**. One by one, each strip is placed over and under your teeth. The result of this procedure is very instant, and the dentist recommends this for a moderate stained tooth.

### Whitening Toothpaste

Whitening toothpaste works as a whitening agent. Moreover, your regular toothpaste helps keep your mouth healthy and clean and removes some of the stains on your teeth. In contrast, whitening teeth will make your teeth shiner by removing most of the stains on your teeth.

### Laser Bleaching

Technological development has led to a new branch of teeth whitening treatment. The laser helps activate the whitening agent that your dentist uses for the treatment. Also, this is an instant process that takes just one dental visit. So it would be best if you visited your dentist for the whitening treatment.

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