

What Are The Various Teeth Bleaching Or Whitening Products Available?

There are many teeth bleaching systems and products available for you. Teeth whitening toothpaste, rinses, over-the-counter gels, trays, strips, and whitening products you get from the dentist. According to [Houston Cosmetic Dentist](#), teeth whitening is suitable for people who have unrestored healthy teeth and gums. People with yellow stains on their teeth respond best to this treatment. But this procedure is not ideal for everyone.

If you decide to try teeth whitening or bleaching at home, **Emergency Dentist Houston** will suggest having a consultation with your dentist first, especially if you have issues like

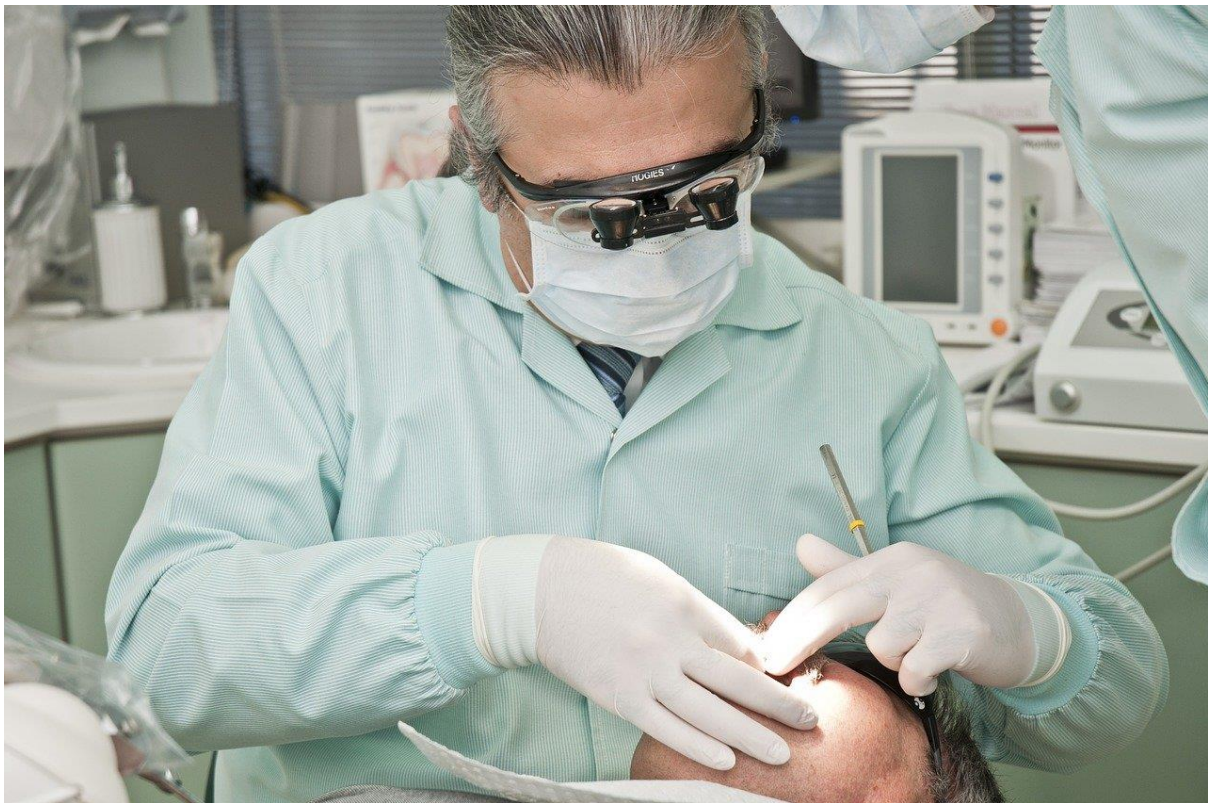
- Dental restorations
- Sensitive teeth
- Lots of crowns and filling
- Single dark teeth or very dark stains



Over-the-counter whitening strips and gels.

Whitening gels are peroxide-based, clear gels that you can directly apply to the surface of your teeth with the help of a small brush. The instructions defer depending on the strength of the peroxide. Carefully follow the product's instructions. The first results appear after a few days, and the final results endure for around four months. Whitening strips are very thin and virtually transparent strips on which a layer of peroxide-based whitening gel is present.

The duration of an entire course is between 10 and 14 days. You may need to use them twice a day. You can buy whitening gels and strips from your nearby dentist, pharmacy, or online.



Whitening toothpaste

Whitening toothpaste is good for removing surface stains because they contain mild abrasives. Some whitening toothpaste contains chemical or gentle polishing agents, that provide additional stain removal effectiveness. Whitening toothpaste simply removes surface stains and does not contain bleach.

Over-the-counter and expert whitening products contain carbamide peroxide or hydrogen peroxide, which lightens the tooth's color both deep down. Whitening toothpaste can whiten the tooth's color by about one shade.

Safety tips for teeth whitening

Protect sensitive teeth

After whitening your teeth, you may have some sensitivity, but this is usually very temporary. If your teeth and gums are healthy, it may be less of an issue. Stop the procedure and talk to your dentist if it affects you. Gel-filled trays, which you wear like a mouth guard over your teeth, can irritate your gums if they don't fit properly. If you start experiencing this issue, it's good to discontinue using the product.

Follow directions

If you leave the strips or gels on longer than the direction manual recommends, you may develop sore gums and set yourself up for future problems. To safeguard your teeth, avoid soda, sports drinks, or other acidic liquids for a few hours after getting **teeth whitening near me**.

Don't overdo it

A once-a-month touch-up session is enough if you follow the product's direction manual and get the desired result. When you reach the desired shade, you'd need to take [Teeth Bleaching Services](#) or repeat the many bleaching sessions twice a year or less.

Conclusion

We hope the above-given information helps you understand some valuable things regarding teeth whitening treatment. The above article focuses on the various teeth whitening products and their benefits. For a deeper dive into teeth whitening, please check out thedentisthouston.com.

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