

What Are The Best Teeth Whitening Options?

Every one wants a whiter brighter smile. Due to age, smoking or caffeine, teeth can end up stained and yellow looking. Putting up with discolored teeth is a thing of the past and so is hiding your smile. With so many different options available, it is possible to find teeth whitening systems to suit anyone and any budget.

Before trying any teeth whitening options, it is advisable to seek the opinion of an oral health care professional who can advise you on which teeth whitening products are the best option for you and your teeth. Below are some of the many options that are available so that you can compare teeth whitening systems.

Laser Bleaching

There are a few popular laser-bleaching methods available. Feed back from other users is quite positive. Laser bleaching is a recommended procedure by oral health professionals as well as many users.

Zoom

Zoom is a laser whitening gel with a special light that penetrates the teeth, breaking up stains and teeth discoloration, treatments take around 1 hour. The results of this treatment are immediate. This type of teeth whitening system is approved by many oral health care professionals and is done under their supervision. Zoom is very safe with very few complications or side effects and relatively painless. Whiteness will vary among different people depending on the structure and condition of teeth before the procedure.

Brite Smile

Brite smile is another laser bleaching system that uses the same type of products as Zoom. A whitening gel is applied to the teeth then a blue laser light is applied under direct supervision of an oral health care professional. This procedure is very safe with very few complications or side effects. Treatment will take about an hour and results can be seen immediately.

Bleaching

Bleaching is a popular method of teeth whitening using peroxide as the whitener. This is a popular and effective method that can be used in the comfort of your own home.

Night Guard Bleaching

Night Guard is a bleaching system that can be done at home. A whitening solution, usually peroxide, is placed in a tray that resembles a mouth guard. This tray is custom fitted for each person to avoid discomfort while the tray is in use. This custom fitting is usually performed by an oral health professional. Solutions vary in strength and the amount of time the night guard is worn varies, too, depending on the teeth whitening procedure that you choose. An application may take between 1 hour or over night. An oral health care professional will discuss the best procedure for you based on tooth discoloration and personal needs.

Arctic White System

Arctic white is another popular at home teeth whitening procedure. There are several steps to this tooth whitening system.

*The first step is to give teeth a really good cleaning to remove tartar with specially formulated toothpaste that is included.

*Then a thermoplastic tray that has been customized for each individual is used.

*A tooth conditioner is rinsed through the mouth to open the pores in the teeth.

*Whitening solution is then placed in the plastic tray. Whitening generally takes 9 minutes. A 6% solution of peroxide is the main ingredient used in the teeth whitening stage.

*A strengthening solution is then used to close the pores in the teeth and strengthen them.

White Strips

White strips are a very convenient way to whiten teeth. Pieces of flexible plastic made of polyethylene are coated on one side with hydrogen peroxide. Half of the white strips are made for the top of the teeth and the other half for the bottom. Treatment takes approximately 30 min per day for 7-14 days. This system is very convenient and can be used at any time of the day or night.

Cosmetic Dentistry

Cosmetic dentistry is one of the most effective methods of teeth whitening. It is also one of the most expensive. These procedures can only be performed by a qualified oral health care professional.

Bonding

Bonding is the use of a resin molded into the teeth to change the color and shape of the existing tooth. This is quite an expensive procedure and it is possible that over time, the bonding may chip or crack. This procedure takes one visit for results and is only available from a qualified oral health care professional.

Porcelain Veneers

Porcelain veneers are a shell like coating that covers and bonds to stained teeth. Porcelain veneers are also used to reshape teeth as well as whiten them. Treatment usually requires 2 visits to an oral health care professional. This procedure is very effective but is the most expensive teeth whitening option.

Tooth Whitening Pastes

There are many whitening toothpastes available on the market some better than others. As a rule of thumb, whitening toothpastes are better than regular toothpastes for getting your teeth cleaner. This makes the teeth look whiter in the process. Be aware that some whitening toothpastes are abrasive and should be avoided. When choosing a whitening toothpaste, read the ingredients or speak to an oral health care professional for recommendations on what type of whitening toothpaste would suit you.

There are many teeth whitening options available. Some are better than others, some cheaper than others. When choosing a tooth whitening product or option be sure to speak to your oral health care professional about the associated risks and benefits. The best type of teeth whitening system depends a lot on your budget as well as your teeth. Since teeth are very personal and everyone has his or her own unique set of teeth, it is hard to recommend one particular method as different systems work better with some people than others.

Source: <http://www.articlecircle.com>

About the Author

Looking for whiter teeth and a great smile? Visit http://www.teeth-whitening-options.com/great_smile to discover your white smile potential.