

What You Should Know About Getting Your Teeth Whitened

Many people in this world are afraid to smile, simply because they are embarrassed about the color of their teeth. Foodstuffs such as tea, coffee and red wine; and pastimes such as smoking can lead to yellowed and discolored teeth over a period of time. So what do you do about getting a pearly white smile once more? Here are a few useful things you need to know when considering teeth whitening procedures.

Firstly, if you have any artificial teeth, veneers, crowns or fillings then whitening procedures are not going to work on these surfaces. They will remain the same color that they currently are, so you could be left with a very uneven color configuration through your mouth. Determine what percentage of your teeth are not natural and how prominent those are before you decide to proceed further.

The amount of discoloration of your teeth will determine how effective teeth whitening procedures will be for you, if they can be effective at all. Teeth which are gray or brown are going to have little improvement noticed compared to those which are yellow. So ensure you determine whether your teeth can be actually be lightened before you pay out too much money.

Be aware of how often you are using whitening products if you are doing the procedure yourself at-home. This is because constant use of these products can end up doing irreparable damage to your teeth that cannot be repaired. If you are considering doing teeth whitening procedures yourself, do check with your dentist first to make sure that they are not only going to be effective, but that they are also safe.

It is an old wives tale that if you mix together a paste involving baking soda and other pantry products that you can produce an effective, at-home teeth whitening solution. While the baking soda is able to reduce the discoloration that has occurred as it will react with the existing stains to break them down and lighten them, it can cause damage to the enamel if you use it over a long period of time. And this will only make your staining issues much worse.

Once you have gone through the effort and expense of getting your teeth back to their desired color, be very careful what you eat and drink for the next few days. This is because your teeth are currently at a stage where they will very easily absorb any color that they are exposed to and stain once more.

So go easy on the red wine, tea and coffee drinks for a while.

There is a lot of advice available on the subject of teeth whitening. There are also a lot of businesses vying for your consumer dollar. Now that you have the above advice at your disposal, you will be much more able to make an effective decision on what procedure is going to be the most beneficial to you, and which ones should truly be avoided. A whole new smile is waiting around the corner for you, all you have to do is look.

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