



Tooth Talk

“Hey Doc, my teeth are getting yellow.

I want white teeth!! What are my options?” (Part 2)

In the last article, we have discussed the causes of tooth discoloration. Now, let's begin exploring the different options of teeth whitening. Due to the high demand for a bright smile, there are many products now available which claim that they provide the best whitening results. With so many internet-based scams these days, consumers should be careful in choosing the products that will deliver good results.

Obviously, the cost of teeth whitening is a major factor in each consumer's decision on teeth whitening options. However, the most important factor should be whether the method of whitening that each consumer has chosen and paid for truly works or not. Just remember that teeth are hard structures; therefore, “high concentration” of and “prolonged exposure” to the active peroxide ingredients in the whitening product are necessary in order to penetrate the enamel for effective teeth whitening. Teeth whitening products can basically be divided into 2 categories: over-the-counter or professionally applied.

Over-the-counter whitening products are generally less expensive and are readily available in the local pharmacies. However, they are usually less effective because the concentration of the peroxide ingredients is lower. The followings are a few examples of the over-the-counter teeth whitening products that consumers have access to

- **Whitening Toothpaste or Mouthwash:** They contain abrasives which are sand-like ingredients that may remove superficial stains on teeth upon brushing and rinsing. They generally do not bleach teeth and may only cause teeth marginally whiter. However, due to the abrasive nature of the products, they can lead to teeth sensitivity issues.

- **Whitening Pens:** Imagine liquid paper for teeth. These products are based on the concept of providing instant teeth whitening for the consumers with a paint-on teeth whitener. Even though whitening pens are peroxide based, they do not work well for teeth whitening because teeth need high concentration of and prolonged exposure to peroxide for a decent result. A paint-on job just can't satisfy those 2 requirements.

- **Whitening Strips:** Teeth Whitening Strips can potentially do a good job of whitening your teeth. Freshness of the product makes a difference; therefore, be sure you check the expiry date on the box. Unfortunately, many consumers abandon the strips shortly after starting the whitening process due to the inconvenience and the slow process. Because the strips are not custom-fitted, they can be difficult to keep in place. As a result, the teeth may not get a consistent coating of whitening gel. In addition, these products may not reach the back teeth as effectively.

In the next article, we'll discuss the teeth whitening options using the professionally applied products.



SCAN THE CODE BELOW TO
VIEW OUR MOBILE SITE



OR VISIT WWW.DRVICTORSUN.COM
ON YOUR PHONE FOR OUR
PROCEDURE LIST, SMILE GALLERY
AND MORE!



4 Russell St. E., Lindsay

www.drVictorsun.com

705 324-0050