

## Teeth Whitening Products Explained

The rising cosmetic procedure of teeth whitening has many different choices and systems to create the individual's desired level of whiteness. You may go to a dental health professional to have laser teeth whitening or a professional bleaching done or opt for the long term route of whitening toothpaste or mouthpiece trays. One of the more popular teeth whitening home remedies is that of whitening strips and gels that attack stains on the teeth for long periods of time.

Teeth whitening strips are typically small, flexible strips that are coated on one side with a whitening bleach. The strips are applied, one to the upper teeth and one to the lower teeth, for around half an hour at a time twice a day. Some whitening strips will have a precise system for applying the strips based on the amount of concentration in the whitening bleach for the strip.

If a strip has a higher concentration of bleach then it will usually be worn for a lower amount of time than a strip with a lower concentration of bleach. When the users have achieved the whitening level they are happy with they may discontinue the process. The benefit of strips over mouthpieces or trays is the strips that have a considerably less bulky size, thus feel more comfortable.

With a teeth whitening gel you are getting a more effective whitening agent than you can find in most whitening toothpaste. With whitening toothpaste you would be getting some chemicals that are designed to make teeth whiter. However, teeth whitening gels can sometimes contain a peroxide-based formula that can add a little more power to the whitening process without purchasing additional equipment.

If you are looking for a way to save some money, teeth whitening strips and gels are good alternatives to actually going to a dentist and having laser teeth whitening. However, they will not have the immediate and long lasting effects that you can expect to see from the laser teeth whitening process.