

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**What You Should Know About Teeth Whitening**

**By Heather Colman**

So what is teeth whitening really all about? The following report includes some fascinating information about teeth whitening—info you can use, not just the old stuff they used to tell you.

Tooth bleaching, also known as teeth whitening, is a common procedure in general dentistry but most especially in the field of cosmetic dentistry. Many people consider white teeth to be an attractive feature of a smile. A child's deciduous teeth are generally whiter than the adult teeth that follow. As a person ages the adult teeth often increase in value—that is to say, they become darker. This darkening is due to changes in the mineral structure of the tooth, as the enamel becomes less porous. Teeth can also become stained by bacterial pigments, foodstuffs and tobacco.

As white teeth are subconsciously associated with youth, they have become desirable. This has been made more apparent with the spread of American culture worldwide, where an especially white smile is coined a "Hollywood smile." The procedure to bleach teeth uses oxidising agents such as hydrogen peroxide to lighten the shade of the tooth. The oxidising agent penetrates the porosities in the rod-like crystal structure of enamel and oxidises interprismatic stain deposits; over a period of time, the dentine layer, lying underneath the enamel, is also bleached.

There are two main methods of bleaching. The first involves applying a high concentration of oxidising agent for a short period of time, which is the so-called office bleach. This produces quick results but risks chemical burns to the soft tissues. Therefore, most in-office bleaching procedures use a light-cured protective layer that is carefully painted on the gums and papilla (the tips of the gums between the teeth). The bleaching agent is either carbamide peroxide, which breaks down in the mouth to form hydrogen peroxide, or hydrogen peroxide itself. The bleaching gel typically contains up to 35% hydrogen peroxide equivalent.

The alternative method involves using a thin mouthguard or strip to hold a low concentration of oxidising agent next to the teeth for as long as several hours a day for a period of 5 to 14 days. This is known as take-home or over-the-counter bleaching. This is a slower process but has fewer risks to the soft tissues. The bleaching agent is typically less than 10% hydrogen peroxide equivalent.

## What You Should Know About Teeth Whitening

A typical course of bleaching can produce dramatic improvements in the cosmetic appearance of most stained teeth; however, some stains do not respond to bleaching. Tetracycline staining may require prolonged bleaching, as it takes longer for the bleach to reach the dentine layer. White-spot decalcifications may also be highlighted and become more noticeable.

Recently, efforts have been made to accelerate the bleaching process by the use of light. Studies have shown varying results as to the efficacy of light-activated bleaching.

Side effects of tooth bleaching include chemical burns (if a high-concentration oxidizing agent contacts unprotected tissues, which may bleach or discolor mucous membranes), sensitive teeth, and overbleaching (known in the profession as "fridge-door teeth"). Rebound, or teeth losing the bleached effect and darkening, is also an issue, with some studies showing the rebound effect over 30 days. A recent study by Kugel et al has shown that as much as 4 shades of lightness can be lost over 30 days with light-activated/office bleaching.

Permission is granted to reprint this article as long as no changes are made, and the entire resource box is included.

This article is Copyright © 2006, Heather Colman. Find more teeth whitening resources at:

<http://www.teeth-whitening-support.info>

### **What Is Tooth Whitening? How Teeth Whitening Works?**

**By Paul Cris**

**Teeth Whitening:** The process wherein the color of the teeth is lightened is called as tooth whitening. There are various reasons for teeth getting discolored. The main causes are stains of tea, tobacco, coffee, antibiotics etc. These can be removed by tooth whitening. People who have sensitive teeth should not use teeth whitening. People with sensitive teeth would have more problems if they use teeth whitening solutions.

There are many tooth whitening treatments available, some of them are:

1) **Bleaching kits:** Tooth bleaching solution is applied to the mouth tray and it is inserted into the mouth. After an hour or two or as mentioned in the kit the tray is removed. Most of them work for an hour. The solution contains peroxide, which bleaches the enamel. The carbamide peroxide content in the solution is normally of ten, sixteen or twenty two percent. Some bleach is used twice a day for two weeks while others are used overnight for 1-2 weeks.

2) **Laser tooth whitening:** A solution is applied on the teeth. A wall made out of rubber is placed on the teeth and the laser is directed towards the teeth and the heat generated enters the teeth through the solution and the treatment takes an hour or so. After the treatment is completed you can see the changes.

## What You Should Know About Teeth Whitening

3) Whitening Toothpastes: These toothpastes have special chemicals that remove the stains. The main advantage of the whitening toothpaste is it does not change the natural color of the teeth. Colgate Simply White Advanced Whitening Toothpaste is recommended.

4) Tooth whitening strips: These strips are placed on the teeth and are removed after 30 minutes. These are very effective and are recommended. They also contain peroxides.

If the above mentioned ways of treatment are done properly then there won't be any problem. There is no long-term data on safety of these tooth-whitening treatments.

Paul has been providing answers to lots of queries through his website on a wide variety of subjects ranging from satellite phones to acne. To learn more visit

<http://www.askaquery.com/Answers/qn602.html>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)  
Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## What You Should Know About Teeth Whitening

