

BEST TEETH WHITENING COMPARISON



INTRODUCTION:

There are a lot of whitening solutions on the market. So many, it can be hard to choose! Hopefully we can help! This is a guide that will help give you a fair comparison!

But first, some basic facts about ALL whitening solution on the market:

Most methods of teeth whitening are largely temporary - maintenance is always required our teeth are like sponges! We are CONSTANTLY introducing new stains! (Also check out: [10 Facts Everyone Should Know About Teeth Whitening](https://www.smilebrilliant.com/10-Facts-Everyone-Should-Know-About-Teeth-Whitening) - goo.gl/HSPxZG)

Tooth sensitivity is possible with ANY sort of whitening because the pores of your teeth have to be opened to remove stains=sensitivity!

Re-staining while whitening is MORE LIKELY! The pores of your teeth stay open for up to 48 HOURS after you whiten! This allows for re-staining at a higher rate than usual. This is true for any EFFECTIVE whitening solution.

Deep stains take time to remove. If it seems too easy to be true, it probably is!

STRIPS



+ PROS:

- Widely available
- Many are ADA approved
- Some noticeable results after several uses

- CONS:

- Poor delivery method - strips do not stay in place long enough to open pores and do not reach every angle of the tooth
- Create significant sensitivity - offers no desensitizing or re-staining solution.

CHARCOAL



+ PROS:

- Noticeable but temporary whitening of the surface of teeth
- Inexpensive
- Widely Available

- CONS:

- Abrasive - can erode enamel-regardless of how fine. Harmful to both teeth and gums
- Not ADA approved -as a result of the potential for damage
- Enamel erosion often results in long-term sensitivity
- Results impermanent & sub-optimal

LED



+ PROS:

- Inexpensive
- Widely available
- Does not create tooth sensitivity

- CONS:

- Insufficient frequency - the at-home light is not the same frequency as that at the dentist--therefore it is insufficient to speed up the active ingredients in the whitening gel
- Inexpensive because they are ineffective

TRAYS



+ PROS:

- Custom fitted to your teeth for complete coverage
- Safe for both enamel & gums
- Same method as provided by the dentist
- Can be used by those with sensitive teeth
- The results are noticeable and permanent (current stains will be removed in their entirety and never return)

- CONS:

- Longer process
- More likely to cause sensitivity due to deep stain removal
- More expensive than alternatives

CONCLUSION:

Now that you know all the basics and options available for at-home whitening, we hope you will have no problem choosing a solution! To learn more about teeth care, visit [www.SmileBrilliant.com/Articles](https://www.smilebrilliant.com/Articles).

