

# Hydrogen Peroxide Teeth Whitening | Welcome

## Hydrogen Peroxide Teeth Whitening

Hydrogen peroxide teeth whitening is a process that has gained considerable popularity in recent years. Under this process, hydrogen peroxide is applied on teeth like regular toothpaste and it can remove stains and other impurities to result in white shining teeth. Hydrogen peroxide teeth whitening can also be done as a clinical procedure where you can visit a dentist for the process. If you are looking to save money however, it is recommended that you do the process at home especially if the extent of staining is not pervasive enough to call for drastic measures.

Hydrogen peroxide teeth whitening was introduced in the dental community during 20th century. Dental practices started using hydrogen peroxide teeth whitening as a regular procedure in the 1980s and it soon became available in do-it-yourself kits. The most common type of hydrogen peroxide teeth cleaning product is one that comes in the form of carbamide peroxide. It is produced by a reaction of urea with hydrogen peroxide. The resultant form is a white crystalline solid that is processed in factories and transformed into a number of forms. The most commonly used type is available in the form of a gel

that you can apply on your teeth and gums.

Hydrogen peroxide tooth whitening is not a magical process that can transform your teeth complexion in a day or two. It may take up to a month to experience visible improvements and tangible whiteness on your teeth. Some people are able to see clear changes with hydrogen peroxide teeth whitening in just a week or two, but it depends on the extent of stains on your teeth and food intake, among other things. Eating habits can impact your teeth especially if you drink coffee, eat a lot of chocolate, drink milk and in particular soda. Each of these can stick to your teeth and cause staining. Tea and coffee drinkers are known for their stained teeth and smokers are a step ahead in this category. The first thing to do before you start hydrogen peroxide teeth whitening is to overcome those habits that are bad for your teeth, otherwise the color will deteriorate again.

Once you have been able to do that, you can start applying different types of hydrogen peroxide teeth whitening. It is always recommended to start with a lighter concentration with a maximum volume of 1%. If you have been unable to see any improvements still then it will be time to move on to more concentrated solutions. The next step up is the 2% gel. This will most likely cause major improvements in your teeth complexion. You can

start with a single daily application and later extend it to two of required until your teeth are as white as you would like them to be.

Your dentist will be the best resource if you have any doubts about the application or duration of hydrogen peroxide teeth whitening therapy. Hydrogen peroxide teeth whitening can be helpful in drastically improving the appearance of your teeth but always make sure you read the instructions and follow them precisely for the best results.

## **Cosmetic Dentistry**

It is a recent development in the self improvement market that has been fuelled by the celebrity culture that prevails within our society. People are spending huge sums of money on their appearance so that they reflect what they see in the media.

# Hydrogen Peroxide Teeth Whitening

Written by Administrator

Friday, 27 November 2009 15:17 - Last Updated Thursday, 31 March 2011 19:15

---