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## What Are The Pros And Cons Of Teeth Whitening?

Numerous people out there are suffering from discolored teeth and stained teeth problems. It is difficult to hide such teeth in gatherings and events but unfortunately, people notice such irregularities fast. To fight this problem, the dentist suggests getting a **smile makeover** by getting a teeth whitening treatment. If you are someone about to get teeth whitening treatment but looking for some advantages for self-confidence then do make sure to read the article till the very end as it considers information that you may find helpful for your discolored and stained teeth.



### What exactly is teeth whitening?

Teeth whitening is a dental procedure in which your **Teeth Whitening Dentist** will use some teeth whitening solutions to whiten your teeth and release discoloration and stain from a patient's teeth. Many people do the teeth whitening process at home by purchasing a teeth whitening kit but the teeth whitening procedure you get from a dentist is different as it involves deep teeth whitening.

### What are the pros of teeth whitening?

Here are we have mentioned some pros of teeth whitening that will help you in understanding it much more:

- › Teeth whitening at the dentist office can help you improve your smile
- › Teeth whitening can help in increasing your confidence that was low due to discolored and stained teeth
- › Teeth whitening at the office doesn't cause you any pain and harm because the products that are used in teeth whitening treatment contain hydrogen peroxides which are safest for teeth enamel.
- › **Dentist Teeth Whitening** has offered instant results.

## What are the cons of teeth whitening?

Here are some cons of teeth whitening mentioned below that will help you in knowing about the side effects also:

- » After a teeth whitening procedure at the dentist office, some patients suffer from tooth sensitivity to hot and cold due to the products used in the process
- » Teeth whitening procedure is generally not a permanent fix for teeth whitening; it can be stained if you're a coffee addict, consume cigarettes and alcohol.
- » After teeth whitening, it is mandatory to change your diet to restrict the consumption of alcohol and coffee, and some food that can damage your teeth.



## What is the cost of teeth whitening?

The cost of teeth whitening can be bought by teeth whitening kits that can cost you around \$20. Whereas teeth whitening procedures at the dentist's office can cost you anywhere between \$400 to \$800.

## How does a dentist whiten your teeth?

We have found from a **teeth whitening Houston** dentist that a teeth whitening procedure is performed by the dentist that takes 1 to 2 hours which involves applying hydrogen peroxide 25% to 40% according to your discoloration of teeth in the form of a gel. After the application of gel, your dentist will aim to heat light on your teeth for 1 hour in intervals of 20- 20 minutes.

## Conclusion

We hope you liked this article and it was a help for you in understanding teeth whitening procedures. If you are interested in getting a teeth whitening today then do make sure to visit **Emergency Dental Care** where you'll be able to find the best dentist that offers excellent teeth whitening treatment.

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