



Expert dental treatment to bleach teeth can cost more than a thousand dollars. While professional teeth whitening can produce the very best outcomes, other alternatives are also readily available. There are over-the-counter kits that can give fantastic results but do not cost a fortune. You can lighten your teeth at home with these kits that are available in the form of strips, gels, and trays . These whitening kits result in whiter teeth, however some work much better than others.



### Teeth Whitening Trays

One kind of kit for whitening teeth includes a tray pre-filled with whitening solution. All you need to do is place the trays on the bottom and leading teeth for a defined amount of time. The whitening solution brightens and whitens teeth. Lots of customers discover this whitening kit to be extremely effective, although people with sensitive gag reflexes might discover them uneasy.

### Teeth Whitening Strips

Whitening kits can come in the form of a strip. A whitening chemical is used on the strips and they are positioned on the bottom and top teeth. Strips are more comfy than trays however they may not cover all areas of the teeth, such as the back teeth. They just lighten the

locations that they touch and might not have the ability to bleach the areas in between the teeth.

### Teeth Whitening Gels

Some kits feature tubes including whitening gel. The gel is brushed on the teeth and permitted to dry. Once it's dry, the gel is removed. The gel works best when it dries entirely on the teeth. This may be difficult since of saliva in the mouth. It is the quickest and possibly the most efficient teeth whitening kit, you have to make sure that you reach all locations of the teeth. Only the areas applied with gel will be bleached.

For less than a hundred dollars, you [http://query.nytimes.com/search/sitesearch/?action=click&contentCollection&region=TopBar&WT.nav=searchWidget&module=SearchSubmit&pgtype=Homepage#/teeth whitening](http://query.nytimes.com/search/sitesearch/?action=click&contentCollection&region=TopBar&WT.nav=searchWidget&module=SearchSubmit&pgtype=Homepage#/teeth%20whitening) can currently buy an outstanding teeth whitening kit.

How do these kits compare to a professional whitening treatment such as laser treatment? Undoubtedly, you can get more remarkable results with an costly laser whitening treatment that can brighten teeth by 7 or 8 tones. Reasonably, you should expect the very best whitening kits to lighten up teeth by about 2 or 3 tones. Some individuals have experienced an improvement of 5 shades however this is the exception, not the rule.

Choosing a teeth whitening kit depends upon individual preference. One type of kit might give much better outcomes for someone than for another. As long as you recognize that a kit can brighten your teeth by no greater than 3 levels, you will be pleased with the results. If you want better results, you will need to look for oral treatment to whiten your teeth.

It is the quickest and possibly the most effective teeth whitening kit, you have to make sure that you reach all areas of the teeth. The tooth whitening kits not just whiten your teeth but likewise assist you acquire a amazing white smile. Teeth whitening trays: These trays are pre-filled with the whitening compound and normally fit over the bottom and leading teeth. Teeth whitening strip kits: Strip is another option for over the counter teeth whitening kits. Teeth whitening kits [Website link](#) can be the best discovery in assisting for the improvement of color on one's dentures after laser tooth whitening.