



# Teeth Whitening Tips 2020

It is perfectly normal for you to want a bright and white smile like a celebrity to boost your self-confidence. Our teeth naturally become darker and yellowish as we age especially together with lifestyle habits such as drinking coffee, tea, coke, red wine and smoking, which will result in more dull and yellowish discoloured teeth.

## Who is eligible?

Teeth whitening is not recommended for people under 16 years of age or women who are pregnant or lactating. Nonetheless, It is considered to be a safe treatment when it is carried out by a professional [dentist](#).

The side effects of teeth whitening are minimal. These include temporary sensitivity to the teeth and possible irritation to the gums or lips. All these side effects disappear after a few days and topical creams are available to reduce these side effects if needed. It is known that these risks can be reduced considerably when you choose professional whitening (as opposed to commercially available kits) and follow your dentist's instructions.

## How long does teeth whitening last for?

[Teeth whitening](#) is not a permanent treatment but to keep your teeth white for longer it is recommended that;

- To avoid or reduce sources of stains such as coffee, tea, red wine and tobacco
- To keep good oral hygiene by every 6 month regular check up
- To use of take home whitening tray & gel

Porcelain veneers, composite veneers, [dental implants](#) and whitening are some of the current options available to improve the colour and cosmetics of a smile. . Teeth whitening is the most simple and least invasive procedure, and it is proven to be safe and an effective way to brighten up stained and discoloured teeth.

To find out if you are eligible for [tooth whitening](#), please make an appointment with us. You can call us at +65 64404605 or email us at [info@coastdental.com.sg](mailto:info@coastdental.com.sg) to make a no obligation

consultation where your dentist

will explain the different whitening options we offer and can answer any questions you have about teeth whitening cost and risks.

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