



Whitening Your Teeth: At-Home vs At the Clinic



There are plenty of purchasable options for teeth whitening available that have proven results. However, several factors can [Ormsby Dental](#) impact those results, and if you don't know what works best for you, getting what you want out of a teeth whitening product can be time-consuming and expensive. The easiest way to get what you need is to have your teeth whitening done professionally by your dentist, but this will most likely be more expensive than an over-the-counter product. So where should you start? Let's go over your options to help you make an informed decision.

At-Home Treatments

Over-the-counter teeth whitening treatments mainly exist in these forms:

Whitening rinses

Whitening strips

Whitening toothpaste

Gel trays

Whitening rinses work identically to mouthwash. You swish the product in your mouth for a while, then spit it out. This results in an even whitening but is very slow due to the limited time that the product is in contact with your teeth, and you may not get visible results for weeks or months.

Whitening strips are designed to be used for the front six teeth, which are the most visible in your smile. They also carry the least potential risk among over-the-counter whitening solutions since there is no liquid you can accidentally swallow. Still, you may want to search for alternatives if you are looking for an even whitening across all of your teeth.

You probably see whitening toothpaste every time you go shopping. They carry the normal benefits of toothpaste and help to polish the surface of your teeth. It is a gentler process than other whitening products, which can be helpful if you have sensitive teeth, but the result is very gradual and not guaranteed.

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Gel trays are trays that you fill with a whitening gel and put over your teeth. You may wear them overnight or for short periods during the day, depending on their instructions. These work well, and you should see results fairly quickly. However, they use a strong chemical and should be used carefully. Do not wear them for longer than the recommended time. Also, the trays purchased at stores are one-size-fits-all, so they may not match the dimensions of your mouth and could result in tooth or gum pain.

If you decide to use at-home whitening products, be aware that whitening sometimes doesn't work. Depending on the cause of the tooth discolouration and the colour itself, whitening can be less effective or not effective at all. Therefore, if you are not getting the results you are hoping for, do not start using more of the whitening product than recommended. Instead, contact your dentist and see if there is an underlying cause. They may be able to find a solution for you.