

Teeth Bleaching Gels

A teeth bleaching gel is the most essential element in most teeth whitening product. It is also used in almost all methods of teeth whitening. Teeth bleaching gel contains chemicals that are derived from peroxide, an active ingredient for removing teeth stains. Flavor is added to the chemical mixture to give it a decent taste.

The use of a teeth bleaching gel does not require the services of a licensed dentist. There are over-the-counter teeth bleaching kits that are cheap and very simple to use. These bleaching kits contain a tube of teeth bleaching gel and a mouthpiece tray. A small amount of bleaching gel is put in the mouthpiece tray and then the tray is placed inside the mouth leaving it inside for at least 30 minutes. For best results, the treatment should be carried out for three to four weeks.

Laser teeth whitening also requires the use of teeth bleaching gel. Similar to the over the counter bleaching kit, the bleaching gel is also placed on a customized mouthpiece tray and then left inside the mouth in contact with the teeth for 30 minutes. Afterwards, the dentist will target the teeth with a laser beam, which upon contact with the teeth bleaching gel will cause it to react and make the teeth whiter.

Whitening toothpastes also contains teeth bleaching gels. While brushing with whitening toothpastes is a lot easier than using kits or going to the dentist, the amount of hydrogen peroxide it contains is minimal so the results are not as visible as results of either an over- the-counter bleaching kit or a professional laser teeth whitening.

The whitening of the teeth also depends on how strong the teeth bleaching gel is and the degree of the stains on an individual's teeth. The stronger the teeth bleaching gel is and the lesser the stains on the teeth, the better the results. However, the stronger the hydrogen peroxide contained in the teeth whitening gel the higher the risk of acquiring gum ulcers and sores. In addition, whitening gels contain abrasive elements that can wear down the enamel of the teeth causing damage.

A teeth bleaching gel comes in different flavors and the most popular are fruit flavors. It is important to remember that just because they are fruit-flavored does not mean they cannot cause damage to the teeth. They contain chemicals that are not natural for the teeth. Strong whitening gels can damage the gums and cause teeth sensitivity. Always ask for advice from dentists on what type or brand of teeth bleaching gel to use.

About the Author

Anthony Stai is a proud contributing author and writes articles on several Dental related topics including dental plans. You can see more of Anthony's other articles on his [Self-Improvement eBooks](http://www.self-improvementresources.com) informational web site located at <http://www.self-improvementresources.com>

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