

Gentle Touch Teeth Whitening System - Doing Wonders to Your Teeth

The Gentle Touch teeth whitening system is a method of bleaching stained teeth. It is proven to be safe, easy and free from side effects such as teeth sensitivity. This treatment is present in most dental clinics and is done by licensed dentists.

The Gentle Touch teeth whitening system is performed by applying the specially formulated Gentle Touch whitening solution often in gel form with an active but safe ingredient. The whitening gel used has a substance that is also a food stabilizer, which means it is guaranteed safe and gentle to the gums. There is no need to use mouthpiece trays during this treatment as the process is not messy and the substance used is non-toxic. Patients are also assured they will not experience tooth sensitivity after the treatment.

Once the Gentle Touch whitening gel is evenly applied, the dentist will use the Gentle Touch Whitening Light to target the teeth and activate the concentrated whitening solution. Note that the light used is not laser light. This method is guaranteed safe and fast with treatment normally lasting only about 40 minutes.

The Gentle Touch teeth whitening system treatment is a one time process that could last a long time although it would still depend on the intake of food and beverages. Food and beverages contain elements that cause teeth stains. When teeth become stained again, repeated treatment is required. Another good thing about this treatment is that it does not damage teeth fillings, crowns or porcelain and acrylic caps. Instead, they will be whitened and restored to their original color. Using the Gentle Touch teeth whitening system has many advantages such as.

- Guaranteed 100% safe
- No after-effects and no teeth sensitivity
- Safe to the gums
- Non-toxic substance used
- Less expensive
- Done in dental clinics with modern facilities
- Fast and hassle-free procedure
- Gentle light is used (not heat nor laser)

The Gentle Touch teeth whitening system is a great alternative to over-the-counter teeth bleaching kits and laser teeth whitening system, which have the following disadvantages:

- Use of Hydrogen Peroxide in the whitening solution, which is harmful to the gums
- Use of standard-sized mouthpiece trays that do not cover the entire teeth causing the whitening gel to touch the gums, which may lead to gum irritations
- Messy procedure
- Many over-the-counter bleaching kits are not approved by the American Dental Association (ADA)
- Does not work on people with false teeth, dentures, crowns and tooth fillings
- Laser teeth bleaching is very expensive (\$600 to \$1000)
- Laser teeth bleaching uses a higher concentration of hydrogen peroxide

For those undergoing the Gentle Touch teeth whitening system treatment, make sure to eat prior to your dentist appointment. If possible, brush your teeth after eating before you head to your dentist's office. Try to avoid eating dark foods such as coffee, tea, red wine or cola for 24 hours after your treatment. Daily flossing after treatment is also recommended.

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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