

## Using a Teeth Bleaching Kit

A Teeth bleaching kit is an over the counter kit used for at-home teeth whitening. Included in the kit are a mouthpiece tray and a tube of whitening gel. Teeth bleaching kits are ideal for people who are busy and are always on the go. It is very cheap and easy to use. It works by putting whitening gel on the mouthpiece tray and placing it in the mouth for about half an hour every treatment. The treatment should be done for at least two to three weeks for good results although whitening is visible after a few days.

The whitening gel that is included in the teeth bleaching kit contains an active ingredient called hydrogen peroxide. Hydrogen peroxide is the chemical that removes stains from the teeth. The whitening gel included in the teeth bleaching kit contains minimal hydrogen peroxide compared to the whitening gel that dentists use. Regardless of what whitening gel is used, it will not work on false teeth, dentures, jackets and crowns. They will only work on natural teeth.

The only advantage of using an over the counter kit is that it is easy to use and cheaper than going to the dentist for teeth whitening. Over the counter kits normally costs \$20 compared to at least \$300 for a set of teeth. The whole teeth cost \$600. Going to the dentist is expensive because you would have to pay for the whitening gel, the facilities and for the professional fee.

There are several disadvantages in using an over the counter kit. They include the following:

- Whitening gel

The whitening gel included in the kit contains lesser hydrogen peroxide compared to the gel that dentists use.

- Mouthpiece tray

Every teeth bleaching kit has a mouthpiece tray that has a standard size. This means that the mouthpiece tray will not fit perfectly to an individual's mouth. If this happens, the whitening gel will not target the entire teeth that need to be bleached. Instead, it will touch the gums and could cause gum ulcers and irritation. The mouthpiece that dentists use is customized to perfectly fit the mouth of a patient.

- Safety

Dentists use a special gel to the gums and a plastic strip to cover it. This is to prevent the whitening gel from touching the gums. Also a protective rubber shield is used as a cover to the gums. These protective instruments are not included in a teeth bleaching kit.

For more information on what method should be used for teeth whitening, it is best to consult a licensed dentist. This is to be sure that the desired result will be achieved.

## 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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