



Whiten your teeth at home

Ready to toss that bedazzled mask and show off your beautiful smile? Make sure your teeth are sparkling bright.

The American Dental Association says that whitening treatments, whether do-it-yourself kits or professional procedures, can effectively remove stains. Here are some options you can try at home.

Whitening strips

These thin, elastic strips stick on the surface of your teeth. They're typically coated with a peroxide gel that dissolves stains safely and gradually. Whitening strips should be applied once daily until you see results.

Whitening (bleaching) trays

These kits include a tray that fits around the front and back of your teeth. Some trays are pre-filled with whitening solution, while others come with gel-filled syringes. Whitening trays are usually worn longer than whitening strips, and sometimes overnight.

LED light kits

This powerful whitening method consists of an LED light system, mouthpiece, peroxide gel and charger. After whitening gel is applied to your teeth, the mouthpiece bathes them in blue LED light, which enhances the whitening effects.

Whitening toothpaste

Most whitening toothpastes contain a mild abrasive powder that polishes teeth and removes stains. Some also have hydrogen peroxide for more noticeable results. Since they're made with fewer bleaching ingredients, you can expect mild whitening effects.

Talk to your dentist first

Always ask your dentist's advice before trying at-home whitening. You may want to discuss professional teeth whitening, performed in the office. Dentists use much stronger peroxide so-

lutions, in combination with light or heat, and can get your teeth brighter faster. But remember, teeth whitening is considered a cosmetic procedure and won't be covered by your dental plan.

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