

4 Teeth Whitening Myths Busted



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Having a beautiful set of pearly whites is something we all aspire too. However, as we eat, drink and live, our once sparkling teeth can soon become discoloured. Fortunately, dentist teeth whitening can change all of that, giving us back our gleaming smiles and restoring our self-confidence to boot. But do you know what chemicals are safe? Are you worried how much teeth whitening is? Do you think you might damage your teeth? When it comes to teeth whitening, there are lots of misconceptions, false information and wacky ideas out there that can lead us to make the wrong decisions. So, without further ado, here are four teeth whitening myths that you can stop worrying about.

1. Dentist Teeth Whitening Can Damage Your Teeth

This is definitely not true. Most cosmetic teeth whitening products are made of hydrogen peroxide or carbamide peroxide. While if you don't know your chemicals, they may sound like they could do damage, that's far from the case. The chemical reaction converts hydrogen peroxide into water while releasing oxygen. We all use oxygen and water every day, so they're unlikely to damage our teeth. And, while you'll want to avoid swallowing too much, it isn't anything like household bleach that contains ammonia.

2. You're Guaranteed a Hollywood Smile

Deciding to have dentist whitening treatment in Fairy Meadow with unrealistic expectations is a sure-fire way to set yourself up for failure. Celebrities use teeth whitening but also have other procedures to achieve their sparkling smiles. All of our teeth are different in terms of their mineral composition, the thickness of the enamel and their natural colour. The colour you can achieve with teeth whitening alone will depend on the current shade of your teeth, your oral health and your desired outcome. A professional teeth whitening dentist will be able to advise you as to whether you can achieve the colour you're hoping for and will ensure you achieve the best results for you.

3. Over-the-Counter Products are As Good as Professional Ones

As a hugely popular cosmetic dental treatment, there is a wide range of teeth whitening products available both online and in pharmacies. The problem with the huge amount of choice, however, is that it's difficult for you to know exactly what you're getting. At-home whitening kits may have weaker or stronger chemistry than those that your dentist will use. And that means that you aren't guaranteed the same results or the same level of safety. The best way is to search for dentist whitening near me and to seek the advice of a professional. Many practices will offer at-home whitening kits too, so you can have the best of both worlds. And, if you're wondering how much teeth whitening is, you'll want to consider value for money and the longevity of your results.

4. Your Teeth Will Stay White Forever

Unfortunately, this one is more a case of wishful thinking. Much in the same way as your teeth have changed colour since you were a child, they will change colour again. This can be due to the ageing process, or the food and drink that we consume. However, there are ways that you can maintain your sparkle for longer. Visiting the dentist regularly, maintaining an effective oral health routine and considering your diet will all impact how long your teeth whitening results will last. What's more, by visiting the dentist regularly, you'll be able to plan any touch-up treatment required at the perfect time to keep that smile firmly planted on your face.

Dentist whitening treatment is one of the easiest, quickest and simplest ways to enhance your smile. By consulting your teeth whitening dentist, you'll not only avoid falling for teeth whitening myths, but you will get the best-possible and longest-lasting results.

Company Description

Ambience Dental - Your Welcoming Wollongong Dental Practice

Ambience Dental is a long-standing practice in the city of Wollongong that prides itself on providing high-quality care in a calm and supportive environment

The practice is located in Fairy Meadow and provides a fresh, clean and bright welcome to all who visit. The established surgery is home to a host of accomplished dentists, hygienists and nurses. And, while they each have their areas of expertise, what they share is a passion for providing compassionate dental care to the Wollongong community. Equipped to perform everything from general dentistry to cosmetic dentistry, dental implants to All on 4, the practice welcomes patients from Wollongong, Balgownie, Corrimal, Woonona, Bulli and more. Whatever your dental and oral health needs in

the Illawarra region, Ambience Dental has you covered.

At Ambience Dental, we pride ourselves on providing a full range of general and advanced dental treatments, from general dentistry, including everything from check-ups and simple fillings to dental implants and All on 4 full mouth rehabilitation. With expertise in many advanced dental techniques, we are well placed to offer a full range of services to our patients. So whatever your needs, we can give you the best possible treatment.

Contact Details

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Google Site: <https://sites.google.com/view/ambencedentalwollongong/>

Google Folder: https://drive.google.com/drive/folders/1ShPq4pzJcMM2ZPD8R5un7tfMuPa-9wYa?usp=drive_open

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