

The Rapid Determination of Teeth Whitening in the Orthodontic Practice: Types, Products and its Risk Factors

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DESCRIPTION

Teeth whitening are one of the most popular cosmetic dental treatments; tooth whitening provides a quick, non-invasive and affordable way to improve your smile. Widely accepted bleaching (or bleaching) treatments for both men and women are available for any budget, time frame and temperament. Whether it's a professional one-hour whitening session at a dental office or cosmetology spa, or a home whitening kit purchased from a local pharmacy, there are many solutions. Virtually everyone who chooses a tooth whitening solution has moderate to significant improvements in smile brightness and whiteness. However, this is not a permanent solution to discoloration and requires maintenance or "fixing" to maintain its effect. Whitening system, brightening your smile at home has never been easier. You can try different types of products such as conditioners, gels, chewing gum, toothpaste and strips.

Whitening toothpastes

All toothpastes contain a mild abrasive to clean the surface. Some whitening toothpastes contain mild abrasives or chemicals that enhance the stain-removing effect. Whitening toothpaste only removes stains on the surface and does not contain bleach. Commercially available professional whitening products contain carbamide peroxide or hydrogen peroxide, which brightens the colour deep inside the teeth. By whitening the toothpaste, you can lighten the colour of your teeth by about one colour. In contrast, prescription intensity whitening performed in the dental office can brighten teeth in 3-8 shades.

Bleach rinse

One of the latest products that claim to whiten teeth is whitening rinse. These products not only refresh your breath and reduce plaque and periodontal disease, but also contain bleaching agents such as peroxides that whiten your teeth. Like mouthwash, you just shake them in your mouth twice a day before brushing your teeth, and the manufacturer claims you

have to wait 12 weeks to see the results.

Whitening strip

One of the most common ways to whiten teeth is to use strips to whiten teeth. They are made of thin, flexible plastic and coated with a low concentration of bleach. The strip is pre-wrapped and placed on the tooth to slightly match the shape of the tooth. Most are used twice a day for 2 weeks. Most whitening strips are considered safe due to the low strength of peroxides. However, be careful to avoid strips containing chlorine dioxide that can destroy tooth enamel.

Tooth discoloration

There are two categories of tooth-related discoloration: extrinsic and intrinsic. External stains are stains that appear on the surface of teeth as a result of dark drinks, food, contact with cigarettes, and daily damage. Superficial external discoloration is minor and can be removed by brushing and prophylactic tooth cleaning. Stubborn external discoloration can be removed with more complex tasks, tooth whitening is removed. Stubborn external stains can penetrate the dentin and settle if not treated early.

Intrinsic stains are stains that form on the inside of the tooth. Intrinsic stains result from trauma, aging, contact with minerals (such as tetracycline) during tooth formation, and / or overdose of fluoride. In the past, self-discoloration was thought to be too stubborn to be corrected by bleaching. Today, aesthetic dentistry experts believe that even deep-seated self-staining can be removed with supervised takeaway tooth whitening treatments that last for months or even a year. If all else fails, there are alternative cosmetological solutions to treat the inherent discoloration, such as dental veneer.

Risk factors

Sensitivity: Bleaching can temporarily increase sensitivity to temperature, pressure, and contact. This is most likely to occur

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during whitening in the office where high concentrations of bleach are used. Some people experience spontaneous shooting pain (“ginger”) in the middle of their anterior teeth. People at greatest risk of whitening susceptibility are those with leaks due to gum retraction, severe tooth cracking, or poor repair. Redheads, including those without other risk factors, have also been reported to have a particularly high risk of dental hypersensitivity and ginger. Whitening sensitivity does not last for more than a day or two, but in some cases it can last up to a month. Some dentists recommend toothpaste containing

potassium nitrate for sensitive teeth.

Gum irritation: More than half of people who use peroxide whitener experience some degree of gum irritation due to bleach concentration or contact with the tray. Such stimuli usually last for up to several days and disappear when bleaching is stopped or the peroxide concentration is reduced.

Technicolored teeth: Restorations such as bonds, crowns and veneers are not affected by bleaching and therefore maintain a standard colour while the surrounding teeth whiten. This leads to what is commonly referred to as “Technicolor teeth”.