

## Whiten Your Smile at Your Dentist's Office

You can spend some money and extensive amounts of time at the grocery store buying everything you need to whiten your teeth or you can go the simple route and visit your dentist. Retail teeth whitening systems can whiten your teeth in time and be quite inexpensive, but dentists spend their lives on this, why not trust them? Aside from it being their job, they can make it a much easier and less invasive process as well.

Some dentists perform teeth whitening with strong gel applicators and powerful laser whitening equipment. The dentist would typically perform a professional cleaning and then apply the gel that begins working on the teeth with strong whitening chemicals. After the gel is applied the dentist would place the patient under a laser that speeds up and expedites the process.

In general, the dentists will use a Zoom laser whitening system that can make an immediate result visible within a single hour! Another perk is that when you are under the laser you can listen to music or watch television, it doesn't even seem like a dental procedure is underway. After the laser teeth whitening procedure is complete you can expect to have whiter teeth for over a year.

Another advantage of going to a dentist for your teeth whitening is that they are trained to distinguish the differences in every patient's teeth shade. Every person has a different shade that needs different treatment so they can use a different system to whiten the teeth. There isn't much sense in wasting time trying gel after gel and toothpaste after toothpaste to achieve whiter teeth when you can have a dentist do it in one day.

Finally, a dentist can tell you how to preserve the white shade that you get from the process. Even though you are spending a decent amount of money on the procedure at a dentist's office, you are also getting the expertise that goes along with it. Don't simply shell out upwards of \$1,000 or \$2,000 on a teeth whitening for just one visit soon to be followed by another, get their knowledge and expertise along with it!