How Safe Is Teeth Whitening?

The method of teeth whitening and home teeth whitening was first presented around 1989, giving the medical and consumer health awareness communities enough time to judge its effectiveness and safety. Generally, the teeth whitening process has been given a good report in regards to both safety and effectiveness. However, what should you consider when you are looking at the safety of teeth whitening? Here are a few tips to take into consideration:

Some concerns have been raised in the medical community and consumer community at large about the risk of bleaching teeth whitening agents causing cancer. However, studies have demonstrated that the concentration of carbamide peroxide in teeth whitening does not cause any cancer in mouth tissue or gums.

As a matter of fact, there is an agent in saliva that seems to offset the amount of peroxide given off by the teeth whitening agents. Consideration and attention has also been given to the fear of bleaching agents causing a tooth's enamel to wear off or be damaged. After careful study, the medical experts now say that more damage is done to a tooth's enamel by soft drinks or fruit juices than tooth whitening bleach.

The issue of nerve endings being affected by teeth whitening is still in its early stages since this can be studied only in longer intervals such as five to eight years after the teeth whitening procedure. Despite this concern there is still little damage being shown to teeth that have undergone whitening and been in for a five to eight year checkup after the process.

While it isn't possible to have teeth whitening done if you have caps or crowns on your teeth it is possible to undergo the procedure if you have had simple fillings or root canal procedures. So far the dental histories have not shown any problems from this procedure, but studies are still in their infancy.

While the above mentioned studies are valid and accurate it is still best to consult with your dental health professional to decide your best course of action. Every person's dental history is unique, meaning that just because studies have supported teeth whitening in certain situations it may still be risky for you! Don't take too much risk merely for appearance's sake.