



TEETH WHITENING TOOTHPASTES DO THEY REALLY WORK?

Teeth whitening toothpastes seem to be popping up everywhere and you've got to wonder if they really work.

Whitening toothpastes, like all other toothpastes, contain mild abrasives to remove surface stains. Teeth whitening toothpastes may have additional polishing agents and special chemicals that are more effective against stains than regular toothpastes. While whitening toothpastes can make your teeth appear a little lighter by getting rid of stains, they don't actually whiten the teeth themselves: they just remove surface stains.

Teeth whitening toothpastes are ideal for people who smoke, drink coffee and tea and eat certain foods that may stain your teeth. Teeth whitening toothpastes are also OK to use after you have undergone a teeth whitening procedure to keep surface stains from building up on your teeth.

It's your choice, but if you do decide to use a teeth whitening toothpaste, make sure that it contains fluoride for extra protection against tooth decay.

That's that myth exploded.

The truth, no tooth fairies.

