

# 3 Ways to Get Back Your White Smile

A white smile is one of the most attractive attributes of a person, after their eyes, of course. Who can ignore the lustrous shine of white teeth? It is undeniably charming, as well as enviable. Tooth colour is one of the first things everyone observes when you speak or smile.

However, not everyone is born with naturally white enamel. Sometimes this enamel gets damaged and becomes yellowish. Excessive intake of coffee, tea and wine stains the teeth and inevitably damages their surface.

If you are trying to combat teeth discolouration and get your original shade back, don't worry, as we are here to share three methods to whiten your teeth at home.

## Remedies for Getting a White Smile

According to the stain's density, you can opt for professional treatment or natural ways to get rid of yellow teeth. Make sure you employ the correct techniques to achieve your goal of white teeth without damaging the enamel.

### 1. Revamp Your Personal Hygiene Routine

If you visit the best dental surgeon for bleaching services, the first thing they suggest is to start taking care of your oral health. Proper brushing and flossing habits set the tone of your mouth's health. So, here are some vital steps in the pursuit of a white smile:

#### **Brushing:**

Dentists classify teeth stains into [two types](#):

- Intrinsic
- Extrinsic

Intrinsic stains originate inside the enamel due to genetic disorders, oral injury, ageing, etc. Extrinsic stains appear on the tooth's surface, caused by some foods and tobacco.

Removing intrinsic stains is quite a hassle as they don't respond to bleaching techniques as effectively as extrinsic stains do. You can reduce the latter ones with proper brushing.

Make sure you brush after every meal or at least twice a day. Use a soft-bristled brush as they do not damage gums and enamel. You can also use an electric toothbrush and whitening toothpaste for refined results.

#### **Flossing**

So many people brush regularly but are still unaware of [flossing's significance](#). It helps remove stains, plaque and bacteria between teeth. Plus, regular flossing also decreases the chances of tooth decay.

## Eliminate teeth-staining foods

Stop consuming foods and beverages that cause discolouration or reduce the intake gradually. Refrain from smoking, sugar and alcohol if you are concerned about your teeth colour.

If you are a caffeine fanatic, minimize the amount of milk you add. Always use a straw while drinking juices and cold beverages. Include more vegetables, fruits, and calcium-rich foods in your diet.

## 2. Natural Teeth Lightening Techniques

After acing your hygiene game, you may want to move towards the next step. You can incorporate these natural remedies in your daily routine to remove stains:

### Oil pulling:

According to Ayurvedic medicine, oil pulling is an optimal solution for dental whitening and several other health problems. [Research](#) has confirmed that oil pulling therapy can remove plaque and oral bacteria that lead to whiter pearls.

Always shop for organic and high-quality coconut, olive, or sesame oil. The process of applying is as simple as swishing one tablespoon of oil in your mouth for approximately 15-20 minutes. Then spit it out, rinse your mouth and brush your teeth.

### Baking Soda:

You must be thinking, 'Not this age-old baking soda idea again!' Although we don't recommend solely depending on baking soda to grant you a white smile magically, it *does* hold teeth bleaching properties. It is used in different kinds of commercial toothpaste for this reason.

Proven by [research](#), the use of **toothpaste alongside baking soda** is beneficial and effective for teeth. Also, refrain from following every DIY bleaching technique you read on the internet. Without authentic confirmation, these techniques can cause more damage than cure.

**Note:** Do not use baking soda directly on your teeth. It can be harmful to your gums and cause gingival irritation.

## 3. Innovative Teeth Whitening Products

Luckily, we can find various whitening kits in the market for instantaneous results. It is a convenient option for people who prefer an at-home and low-profile bleaching format.

### Whitening strips

These strips help remove stubborn stains from your teeth because they contain natural ingredients that hold bleaching properties. You can apply these strips once or twice a day and leave them on for 30 minutes. Follow this process for 2 weeks, and you will start seeing visible results.

## LED whitening kits

These kits are another popular way to restore your white smile. The reason for their success is the use of blue light that may cause low or zero sensitivity. It is also much safer than UV lights.

These kits feature mouth trays, bleaching agents, LED lights and applicators. Well-reputed brands have successfully fulfilled the job of making the teeth up to 3-4 shades lighter.

## Whitening pens

These are widely popular among beauty gurus and influencers. Although they are pretty easy to apply and can brighten up your teeth visibly, the results aren't long-lasting. But, they do come in handy when you have some urgent plans and need an instant, visual, oral makeover.

## FAQs

### 1. How can I whiten my teeth quickly?

If you are into natural remedies, you must be aware that these things take time. But the effects are longer lasting than any modern bleaching technique. However, if you want a last-minute touch up for an event or photoshoot, whitening pens are ideal tools for this. These portable tubes contain a bleaching gel that can remove recent stains and improve tooth colour instantly.

### 2. Do teeth whitening kits actually work?

Yes, absolutely. These lightening kits are commendable alternatives to expensive dental treatments. Plus, they give you the advantages of easy, at-home treatments.

The success of this product has brought several young brands into the market, and it might be tricky to choose the best option. We would always recommend doing thorough research about a brand's market reputation, product details and the ingredients they use.

### 3. Will teeth whitening remove tartar?

Unfortunately not, no. Tartar buildup is almost impossible to remove with brushing and bleaching products. Please keep in mind that spending money on these products is not a great idea if you have a calculus or tartar layer on your teeth. It is imperative to seek professional services to deal with this issue.

## Final Verdict

A white smile grants us alluring confidence, and there is nothing wrong with wanting to appear confident. The best advantage of at-home bleaching treatments is that we can achieve fantastic results at reasonable rates without leaving our houses.

However, it is also crucial to visit your dentist regularly and *not* neglect the importance of this. If you have brown-greyish shaded teeth, schedule a dental appointment to discuss your options instead of using DIY kits. Plus, if you have sensitivity issues, always seek professional advice before applying any whitening product.