

Are Teeth Whitening Strips Dangerous?

Everyone desires the confidence that comes with having bright and white teeth. Plus, it promotes an image of good personal hygiene and beauty. However, everyday habits often lead to stained or discoloured teeth. This is why many people resort to using whitening strips in the hope of getting the dazzling teeth they desire. They may either use them on their own or under the supervision of a dentist. There has been a lot of speculation about how **dangerous teeth whitening strips** can be. In this article, we're going to put your mind at ease about how to reduce any risk from the possible dangers of whitening strips.

What are teeth whitening strips?

Whitestrips are flexible strips or material usually coated with Carbamide, Hydrogen Peroxide, Chlorite or Charcoal. Other less active ingredients are then used to support these active ones.

Whitening strips are designed to bleach off stains and discolouration from the surface of the teeth. They can remove extrinsic stains, which are the visible ones that you see on the outer layer of the teeth. Some can even penetrate deep enough to remove intrinsic stains on the teeth's inner layers.

Extrinsic stains are caused by daily habits and consumption, such as beverages, certain foods, black tea, smoking, etc. Intrinsic stains are caused by factors such as ageing, tooth condition, and medications.

Whitestrips are easy to use, as long as you follow the teeth whitening instructions that come in the package. This is, of course, vital if you want to achieve the best results. They are also a less stressful and cheaper way of whitening your teeth compared to undergoing dental procedures.

Whitestrips are applied by simply peeling the strips away and placing the gel side onto your teeth along the gum line. Press the strip firmly to your teeth and fold the remainder of the strip around the back of your teeth.

To achieve better results, you can use Whitestrips alongside other whitening products, such as whitening mouthwashes, toothpaste, teeth whitening powders and gels, and many more!

What ingredients are used?

It is normal to be curious about the ingredients contained in any product you want to use, and this is especially important when it comes to your teeth. You do, after all, only have one set of teeth in your lifetime, so taking care of them is vital. Whitestrips vary on a product-by-product basis, as each brand is composed of different ingredients. But you will notice that ingredients such as water, glycerin, polyethylene, etc, are a common sight on many packets.

However, the main ingredients in Whitestrips that you purchase over the counter are hydrogen and/or carbamide peroxide and chlorite. Hydrogen peroxide is the most popular, and it works by oxidising or bleaching the teeth in order to remove stains.

Are the ingredients dangerous?

Nearly 500 years ago, one of the founding fathers of modern toxicology, *Paracelsus*, said, “All things are poison, and nothing is without poison; only the dose makes a thing not a poison”. In other words, with a high enough dose, anything can become a poison!

The same is true for the active ingredients in Whitestrips. If the dose is too high, they can potentially be damaging to your teeth. Of course, using any Whitestrips beyond the recommended usage is likely to bring problems. However, it is worth noting that some of the most popular hydrogen peroxide products on the market are banned for over-the-counter sales in Europe. And some even contain such high levels of peroxide that they are also banned for use in dental practice. So be very wary of using such products.

Some basic knowledge of tooth structure will go a long way here in understanding why we must be cautious about what we put on our precious pearls.



Hydrogen Peroxide

Teeth are made up of different layers. The outer layer is known as the enamel and is the surface of the teeth. The middle layer is located beneath the enamel. It is called dentin and is mainly composed of protein. The inner layer is primarily made up of connective tissues, blood vessels and nerves that safely bind the gum.

Studies have shown that [hydrogen peroxide](#) can be dangerous to the dentin layer, which, as stated earlier, contains a high amount of protein (mostly in the form of collagen). It may pierce through the enamel and penetrate the dentin, fragmenting or dissolving the collagen. This is one of the most common dangers of whitening strips.

While whitening strips are considered safe for use, they are not without their side-effects. Experiencing teeth sensitivity and/or irritated gums may be adverse after-effects you might have

to deal with. Having said that, these problems usually lie with hydrogen peroxide based strips, so they may be avoided if you seek alternatives.

Tooth sensitivity occurs as a result of worn-out enamel or exposed nerves. You may experience sensitivity at any time during the teeth whitening treatment, or you may not experience it at all. There are simply no hard and fast rules about how people might react to treatment, as everybody's teeth are different. Tooth sensitivity can last for several days if your gums are already infected or inflamed with a gum disease known as gingivitis.

Crest Whitestrips are the most famous Whitestrips known. Owing to their high concentration level of hydrogen peroxide, they are banned in Europe. This is due to the danger they pose to teeth health, as they can damage the enamel and dentin, plus increase teeth sensitivity.

Which brand is not dangerous?

Naturally, different whitening strips contain varying concentrations of their active ingredients.

Let's take a look through some of the most popular products out there. "What about charcoal powder?" I hear you ask. Well, charcoal powder is entirely safe, and it certainly won't bring your teeth to ruin. But, it doesn't have a strong whitening effect on your teeth, so don't expect any miracles.

To avoid some of the dangers of whitening strips that you find with other brands, GleamWhite Whitestrips are a fantastic option if you wish to save on the expense and inconvenience of visiting a professional clinic. GleamWhite offers a hydrogen peroxide-free formula, so you don't have to worry about any tooth sensitivity with this one.

Even with the improved 2020 formula, GleamWhite Whitestrips are still very affordable. If you are considering GleamWhite, then visit WhiteTeeth.ie. Every pack also comes with a very handy shade guide, allowing you to test out its whitening power for yourself.

Conclusion

Regardless of your desire for pearly white teeth, we can't stress enough the need to be careful when choosing from the vast array of products that claim to whiten your teeth. For this reason, we would highly recommend using a trusted supplier who has established a great reputation in the whitening business.

GleamWhite Whitestrips are one of the products you can trust. With no side effects, no peroxide and no sensitivity thrown into the bargain, you have nothing to lose and everything to gain!

So why not give it a try? Buy your GleamWhite Whitestrips today, and you could have that dazzling smile within a couple of weeks! Read some of our testimonials, follow us on social media, or just peruse some more blogs about this great product. At the end of the day, it's all about what our customers say, and we are getting nothing but excellent reports about it.