

What is the Best Teeth Whitening Method for Sensitive Teeth in 2021?

Are you one of those people who get excited seeing teeth whitening ads, only to realise afterwards that they are not half as good as they seem? These commercials don't live up to the astonishing (and, let's be honest, probably photoshopped) before and after pictures. Yup, it's pretty disappointing.

Sometimes, these products live up to their expectations of giving us white and bright teeth, but they start to cause other issues in our oral cavity. According to research, half of the patients that undergo various home-based whitening treatments face the problem of (mild) sensitivity.

However, if you are reading this article, and wondering about teeth whitening for sensitive teeth, don't worry! You won't have to go through the same problem. Here, I have penned down major causes and symptoms of teeth whitening sensitivity, along with the solution to treat it.

What is Teeth Whitening Sensitivity?

Whitening your teeth and wanting them to shine brightly is everyone's dream, but never at the cost of teeth sensitivity, right?

Tooth sensitivity is experienced as a painful sensation whenever your teeth contact certain stimuli such as cold or hot temperatures. There can be various reasons for sensitivity in your teeth. One such reason is the excessive use of potent teeth whitening products.

Teeth whitening products contain bleaching properties that help to whiten the teeth. But these bleaching agents are also culprits of causing sensitivity in your teeth. An individual with sensitive teeth is more likely to be affected by the carbamide formula of teeth whitening products. The mild discomfort after teeth whitening usually lasts around 48 hours, but if it continues for a more extended period, you should consult a doctor immediately.

After reading this, you might be considering completely rejecting the option of using teeth whitening products. But, let me tell you that there is one specially formulated product when it comes to teeth whitening for sensitive teeth. Keep on reading!

Causes & Symptoms of Teeth Whitening Sensitivity

We all want that bright and confident smile, and to make this dream come true, teeth whitening products are considered the most convenient solution. Today, however, many teeth whitening products use an increased level of hydrogen peroxide, which is likely to cause unwanted side-effects, including teeth sensitivity.

Although hydrogen peroxide works as a whitening agent, its usage above 6% can cause severe teeth sensitivity. Demineralising the teeth, such teeth whitening products penetrate the enamel,

exposing microtubules (dental nerves) within your teeth. These dentinal tubules, when exposed, become sensitive and hyperactive, which causes painful strikes in your teeth and gums.

People with sensitive teeth tend to experience mild or intense discomfort and pain when their teeth come into contact with specific temperatures. The common symptoms of teeth whitening sensitivity include:

- **Cold Air:** It may sound unreal, but if you feel a strike of pain in your teeth whenever you fill in your mouth with cold air, you have a sensitive tooth.
- **Hot Drinks & Food:** Are you facing teeth sensitivity while eating or drinking something hot? If the answer is yes, it's high time to look into the reason and find a solution.
- **Cold Drinks & Food:** Cold temperature drinks and meals, including ice-cream and cans of soda straight from the fridge, can help you show the symptoms of your demineralised teeth.
- **Sweet Foods & Drinks:** Apart from hot and cold, even sweet drinks and food cause an intense reaction to your dentin enamel due to the high sugar-level content.
- **Acidic Foods & Drinks:** Anything with acidic properties can harm your teeth. If you have a sensitive tooth, you are likely to get hit by this painful trigger.

Popular Product: Crest Teeth Whitening Strips

Crest Teeth Whitening Strips are popular among white-teeth lovers for their instant brightening results. The brand sells globally and is quite famous among US residents who desire a whiter smile. Most people are attracted by its effective marketing and faster brightening formula. With this product's popularity, you might be thinking of giving it a try and attaining those same results. But hold on and think for a moment. What makes it act so fast?

You've got that right! Crest Teeth Whitening Strips use an increased amount of hydrogen peroxide (around 14%), which makes it a rapid-action product. However, this means that they often end up causing people mild-to-severe tooth sensitivity or discomfort.

Are Crest Teeth Whitening Strips Safe for Sensitive Teeth?

Contrary to popular belief, we have noticed that the most popular brand of teeth whitening strips, Crest, is not actually the most effective approach. One of its drawbacks is that it worsens sensitivity. So, if you are someone who is an avid ice cream lover, then this product is not for you.

Considering the possible harms of these brightening agents, the EU government has banned Crest Teeth Whitening Strips. They have excessive levels of peroxide, one of the essential ingredients in any teeth whitening product. This excessiveness can be very brutal to sensitive teeth.

However, we have found a better and more effective alternative to these strips: GleamWhite strips. These strips provide the same results as Crest, but they do not have any side-effects that affect sensitive teeth.

A More Trustworthy Alternative with Maximum Benefits

GleamWhite Whitestrips are manufactured by lab experts and professionals in the field. With its upgraded 2020 formula, GleamWhite effectively brightens and whitens your teeth so you can get a confident smile without risking your oral health.

Evading the usage of hydrogen peroxide, these whitening strips do not cause any dental damage. They brighten the teeth using gentle ingredients within 7-14 days. The results are not only fast, but they are also long-lasting.

The non-peroxide formula of GleamWhite is capable of beating any teeth whitening product with a potent bleaching ingredient. The best part is you can get the same or even better results than Crest Whitestrips. Plus, they are ideal when it comes to teeth whitening for sensitive teeth because you won't cause your teeth any harm or provoke sensitivity issues.

How GleamWhite Works Best for Sensitive Teeth

GleamWhite Whitestrips is one of the best alternatives to Crest Teeth Whitening Strips. Medically tested and proven, these Whitestrips are the safest option available for Europeans with sensitive teeth. The brand has ensured not to include any carbamides and avoid the usage of hydrogen peroxide altogether.

Instead of hydrogen peroxide, GleamWhite Whitestrips use safe and legally approved ingredients to act as whitening agents against tough stains and yellowish coatings. Perfect for at-home, convenient usage, these teeth whitening strips are truly enamel-safe and minimise the risk of teeth whitening sensitivity.

Final words

Teeth whitening for sensitive teeth can be a little tricky. That is why you need to do proper research before using a product. You need to check if it is FDA and CE approved or not. The Crest product is FDA approved; the problem is that they contain more than double the permitted hydrogen peroxide level in Europe. There is nothing wrong with a product having a little bit of peroxide; it is actually very common. Dentists even use a form of peroxide in their offices.

However, you need to understand that the products that work without causing problems for healthy teeth might not work for sensitive teeth. Sensitive teeth require extra care and love. That is why, for people with sensitive teeth, GleamWhite is a better choice to get rid of the yellowness on the teeth and get a brighter and whiter smile. With only a few uses, you will get the confidence to smile again without facing any side-effects.