

Charcoal Teeth Whitening: Does It Really Work?

You must have seen pictures of big smiles covered with some fine black material on social media. This substance is known as activated charcoal, and the technique is called Charcoal Teeth Whitening.

Charcoal is making prominent appearances in facemasks, capsules, toothpaste, and teeth lightening systems. But is it worth the hype and safe enough to use? Let's find out.

What is Charcoal Teeth Whitening?

Cosmetics and oral care brands incorporate activated charcoal in their products. It is a black, grained powder made from various natural materials, such as coconut shells, olive pits and wood. Its sponge-like nature can absorb an array of chemicals and remove toxins.

There is an enormous collection of charcoal-based dental products in the market, including toothpaste and kits. These brands claim to remove wine, coffee and tea stains from your teeth.

Contrary to popular belief, its fame is not newly found. In fact, the history of charcoal for teeth cleaning goes back to the ancient Romans. It has age-old references in the medical literature too.

Applications of Charcoal Teeth Whitening

You can use charcoal in the following ways:

Charcoal Toothpaste — Its abrasive nature can remove extrinsic stains and toxins to some extent. However, it is too abrasive for everyday use.

People should be careful with charcoal-based toothpaste and products. They can have side effects like enamel erosion. Plus, there is no solid evidence of intrinsic stains' elimination and natural bleaching effects.

Finger Massage — As a second option, you can buy some charcoal powder. Apply it directly onto your teeth and rub it around with your fingers. You can sprinkle this powder on your toothpaste, too. Again, there is no credible source to verify the efficacy and whitening results of this treatment.

Charcoal tablets — Some people use these capsules as a way to lighten the tooth shade. You have to crush them with a spoon and pour on a few drops of water to make a paste. Afterwards, you can apply this paste to your teeth.

Are Charcoal Teeth Whitening Products Safe?

Although every consumer seems to be jumping on the bandwagon, there is still a lack of evidence-based information and scientific research. Plus, there have been various instances of tooth sensitivity, irritation and discomfort after the use of charcoal-based teeth whitening products.

Alternatives to Charcoal Teeth Whitening

Hence, it is better to try some safer alternatives for your oral hygiene. The following methods don't cause any harmful effects and are approved by dental practitioners.

- Proper brushing and flossing
- Whitening toothpaste
- Whitening strips
- Baking soda

Brush up your brushing game

You can achieve considerable outcomes with the correct brushing technique and regular flossing. So, adopt this habit ASAP - brush after every meal, or at least twice a day.

Whitening Toothpaste

The outcomes of a cleaning method or product depend on the type of discolouration. But, you can get rid of recent food and surface stains with regular brushing and bleaching toothpaste. Moreover, toothpaste containing blue covarine can have an instant reaction.

Whitening Strips

These strips are one of the most effective over-the-counter teeth whitening products. This treatment can make your teeth 3-5 shades lighter and give you a confident, bright smile.

They also promise to eliminate intrinsic stains. There are brands with medical approval and natural ingredient formulas to ensure enamel-friendly and low sensitivity treatment, for example, Gleanwhite.

Baking Soda

Although not an overnight formula, baking soda is a pretty reasonable option. It can scrub away external stains and prevent bacterial growth in your mouth.

FAQs

1. Does charcoal really whiten teeth?

These charcoal applications may remove your surface tooth stains. However, there is no guarantee of delivering natural whitening effects and addressing the stains under the enamel.

2. How often can you brush your teeth with activated charcoal?

Evidence shows that you should not use charcoal on your teeth daily. You can use it in the forms of powder, capsules and toothpaste 2-3 times a week. Be extra cautious if you have dental problems.

Final Thoughts

In a nutshell, the after-effects of charcoal teeth whitening may depend on the severity of discolouration.

You may ask, does this formula provide services as good as professional bleaching systems? The answer is no.

However, don't forget to seek a dentist's advice before using charcoal teeth whitening products, especially if you experience dental problems. Plus, as always, our recommendation is to buy from a well-reputed brand.