

Will I Experience Pain After Teeth Whitening?

Are you tired of hiding your teeth and giving people an awkward smile when you walk past them because you feel self-conscious about your yellow or discoloured teeth? Why not try teeth whitening to brighten up your beautiful smile with confidence?

What is Teeth Whitening?

Teeth whitening ([tooth bleaching](#)) is a procedure you can use to lighten the colour of your teeth. It is an option that is often considered when teeth discolour or yellow over time.

The active ingredient used in most of the whitening products available to buy at the dentists or over the counter is peroxide (hydrogen and carbamide).

[Hydrogen peroxide](#) is a natural bleaching agent that oxidises stains, removing them from teeth. [Carbamide peroxide](#) is a slightly more stable compound made up of one-third hydrogen peroxide, which is released when it comes into contact with water.

Other ingredients you will find in teeth whitening products are chlorite, charcoal, carbopol, flavourings, glycerin, and sodium hydroxide.

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The answer to this question depends on the product you use. When it comes to teeth whitening, there are many different methods, including at-home whitening, mouthwash, toothpaste, strips, tray-based systems with paste or gels, or visiting the dentist.

Whether you experience sensitivity or pain will be contingent on if the method you are using contains peroxide or not. This common bleaching agent is responsible for the whitening results of many teeth whitening products.

This whitening agent permeates your tooth enamel. If your nerve endings are exposed or close to the surface, this can cause your teeth to be sensitive. You also find high levels of these ingredients in Crest's Whitestrips. Peroxide is prohibited in Europe in over-the-counter teeth whitening products, and only dentists are permitted to use it. But there are **alternative ingredients** you can use that won't cause sensitivity.

Is Sensitivity After Teeth Whitening Permanent?

[Teeth whitening](#) can be a process that results in some irritation. Fortunately, **teeth whitening sensitivity** is not permanent, and it will stop after a short time. Generally, you will only experience sensitivity for a maximum of 48 hours.

Tips for Preventing Pain After Teeth Whitening at the Dentist

Build up resistance

Build up your resistance by changing your toothpaste to a more sensitive one for at least a week before undergoing professional treatment.

Even though this will not completely prevent the sensitivity you might experience during the **teeth whitening process**, it will make the process a bit less uncomfortable.

After the treatment, your teeth will be at their highest level of sensitivity. Therefore, you need to use a specifically designed gel for sensitive teeth, or you can use a prescribed toothpaste. In many instances, the sensitivity will only last for up to 48 hours. After this period, you can return to using your regular toothpaste.



Be gentle

Use a toothbrush with soft bristles and brush your teeth using lukewarm water instead of cold to reduce some of the sting. You can give the toothpaste extra time to work by leaving it in your mouth for a few minutes after brushing and before rinsing.

Avoid hot and cold drinks for a few days

Hold off on hot and ice-cold drinks for a couple of days because they can stain your newly whitened teeth. Their extreme temperatures can also affect your sensitivity in the early days after the procedure.

Use a straw

Using a straw can provide you with temporary pain relief as you can drink but prevent the liquid from touching your teeth.

Is teeth whitening for you?

When someone tells a joke, or you have a photo taken with your friends, do you try to hide your smile because you are self-conscious about your stained teeth? Does this make you feel less attractive and is causing you to have low self-esteem? Don't let discoloured teeth stand in your way of being confident.

Say goodbye to low self-esteem and say a big hello to white teeth! Teeth whitening will not only give you a confidence boost, but a mood boost too. When you smile, your brain releases serotonin and endorphins that make you feel happier and less stressed. Try teeth whitening as a way to become a happier and more confident you.

Teeth whitening is a safe, non-invasive procedure that does not include any drilling or surgery. Whitestrips are a very affordable alternative, compared to having a whitening procedure done at a dentist.

Is Teeth Whitening Suitable for Me?

Even though the procedure is safe and effective, there are some reasons why teeth whitening may not be suitable or appropriate for you. If you have:

- stains that are dark grey or dark brown in colour
- discolouration due to using too much fluoride
- discolouration due to exposure to Tetracycline antibiotics

It's important to note that teeth whitening will also not work on caps, bonding, crowns, or fillings.

Conclusion

Whitening your teeth is a safe and affordable procedure to get that perfect dazzling smile you have always wanted. If you worry about your teeth being sensitive, you can use the [GleamWhite Whitestrips](#). They don't contain peroxide or cause sensitivity, yet they are very effective. You will see fantastic results of up to 3-5 shades whiter after the full treatment.

What are you waiting for? Make life more beautiful with your gorgeous smile and flaunt it with confidence.

References:

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