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6 Things to Consider when Choosing an at Home Teeth Whitening System by
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At home teeth whitening systems are designed to help to give you a brighter smile with fewer stains, but it isn't always easy to choose which ones are the right ones for you, since there are so many different options. The truth is that there isn't a single product that will work for every person's needs but there are a few things that you can consider in order to make sure that you've made the right choice for your own requirements and expectations.

Use the following six tips to help you to choose an at home teeth whitening system that you will be able to use effectively and safely for the smile that will shine through.

1. Find out what you need – before you make your final choice, you need to decide how much whiter your teeth need to be. While some people need only a shade or two, others have a lot of stains to overcome before they'll be satisfied.
2. Do you want to do it yourself – remember that there is a difference between what you can do yourself and what your dentist will be able to achieve. Make sure that you're ready to follow the instructions to the letter if you choose the DIY route, and that you know that you will be selecting the right product for your mouth.
3. Discover your sensitivity level – if you have sensitive teeth, then you will need to look for a product that will be gentler and that will not cause your gums to inflame or your teeth to ring. Perform a careful analysis of the at home teeth whitening systems you're considering so that you will know that it won't cause you more pain than it's worth.
4. Ask an expert – if you're not sure about which product is right for you, then ask a dentist. That way you'll know that you've made the right choice and that you'll get the results you expect.
5. Check user reviews – it's easy for products to make promises about what they can do for you, but only the professional and customer reviews can tell you what real people have experienced when they have tried it out for themselves. This will often give you a much clearer idea of what the typical results are for the product, whether or not there are any drawbacks or side effects, and even if it is safe.
6. Research the manufacturer – find out what dental expert or company has developed the formula for any option you are considering so that you can better understand the quality that you can expect from its use.

By considering these 6 factors before making your final decision, you're much more likely to choose the product that will give you the bright and beautiful smile you know you can achieve.

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