



Article Side

Are Whitening Products Worth the Cost? by [Eric Blair](#)

Article published on March 13th 2012 | [Health](#)

From insufficient brushing to drinking too much coffee, there are many things that can start to yellow your teeth in under a couple of months. For anyone with less than perfect teeth, smiling for a picture, showing off your teeth or even talking can prove to be embarrassing. Whitening solutions can be seen all over the place, from billboards to hygiene department aisles to even on television with labels that promise to “whiten in less than 10 days” or “whiten your teeth with one tube.” slogan and application process promises to help offer you that white smile you™ve always dreamed about and eliminate the yellow, coffee-stained spots that cover your teeth.

Whitening Paste

Whitening paste is inexpensive, and many individuals can notice results within a few weeks of brushing regularly. Pastes do not need any special application procedure—just a simple brushing of the teeth for the chemicals to start working. Just like a traditional toothpaste, the whitening paste helps get rid of plaque while defending against cavities and whitening your teeth.

While the paste functions similarly to other items, one big downside is that you may not see drastic results, as many will only help improve your color by a shade or two. The reason is that many of the toothpastes that pledge whiter teeth do not have the necessary chemicals that provide a noticeably whiter smile as seen on billboards or television. Another big downside to these whitening pastes is the time it takes to see any results, as many of these products take weeks of constant brushing before you will begin to see any improvements.

Gel Kits

You heard a couple of ads about Sherman Oaks teeth whitening and know you want to refine your teeth color without the cost of visiting a professional. You can go to your local hygiene aisle of Wal-Mart or Target and locate a whitening kit to help brighten your smile with gel or paste. The kits will vary in price and application procedure, but each pledges to give a noticeable difference in your smile, and many will hold true to the slogan of whitening your teeth. The only issues with whitening gel kits are that many require application over a few days, the gel can cause irritation in the gums, and results will vary.

Dentist

Instead of spending money on paste or gel, you decide to visit a dentist and get your teeth whitened by a professional to get quicker results; the Sherman Oaks teeth whitening ad that you saw attracted you. The cost may be a bit more, but if you visit a dentist, your teeth will be noticeably brighter after the first day, and unlike the other avenues, which have lengthy application times, a dentist will grant immediate results.

Article Source:

<http://www.articleside.com/health-articles/are-whitening-products-worth-the-cost.htm> - [Article Side](#)

[Eric Blair](#) - About Author:

At California Smiles - a Sherman Oaks Teeth Whitening [Sherman Oaks teeth whitening](#) service, you get a longer lasting teeth whitening service that is brighter than cosmetic whitening or

•Fast-White• methods. Most 15-minute procedures use a single round of teeth bleaching which only penetrates the enamel in your teeth. Their proven method is less expensive than dental bleaches and leaves you more satisfied than any other procedure available today. Book your first a Sherman Oaks Teeth Whitening [teeth whitening](#) appointment today!

Article Keywords:

Sherman Oaks Teeth Whitening

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!