

Home whitening and charcoal whitening - Does it work? Is it safe? - Smile Solutions

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13 96 Dr Madeleine Hoopmann 18 Sep 2018 Home whitening and charcoal whitening – Does it work?
Is it safe? What you need to know about charcoal whitening Everyone wants to have a nice smile.
Teeth whitening is one fairly easy way to improve the look of your teeth. There are quite a few
over-the-counter teeth whitening products on the market, with charcoal whitening being the new trend
in the field. Charcoal whitening claims to be a natural form of teeth whitening. Homeopathic
practitioners and health food shops claim that activated charcoal is a highly absorbent substance that
removes toxins from the body. This is because these toxins adhere to the surface of charcoal when
consumed. When the charcoal is applied to teeth it removes surface stains that it binds to. However,
as it is only based on topical (direct, surface) contact it cannot work on teeth that have discoloured from
internal problems such as age, smoking or antibiotics. Charcoal has currently not been evaluated or
approved by any certified dental association. Dentists are concerned that, while the substance is
absorbent, it is also abrasive and users cannot be sure of the intensity of any charcoal supplement
purchased. An abrasive substance applied to tooth enamel may leave the tooth susceptible to
deterioration and erosion. This can lead to sensitivity and cavities long term. Teeth are the only part of
the human ectoderm (which also includes hair, skin and nails) that cannot replenish or repair itself
when damaged. Any damage to tooth enamel is permanent and can only be repaired with dental
treatment such as fillings or crowns. Therefore it is strongly recommended by dental professionals that
anyone interested in teeth whitening treatments should choose those products tested and approved by
the Australian Dental Association. These include in-chair dental whitening or at-home custom trays
provided by their dentists. To find out more about the safe and effective teeth whitening treatments that
we have available at Smile Solutions, call our friendly team on 13 13 96. Articles from Dr Madeleine
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