

# Why should I go to a dentist for teeth whitening? - Smile Solutions

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## Details:

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significant differences in shade. For example, colgate whitening toothpaste contains 1% hydrogen peroxide (readily available from supermarkets). On the other hand, higher percentages also carry their own individual risks. 9.5% (or higher) can cause gums to bleach even in short doses. While often not associated with pain, many people will be celebrating when their gums are whiter than their teeth. Over the counter products often have generic trays, soaked in hot water and “moulded” to the teeth. Dentistry is not a one size fits all health profession by any means. As a result, when inserting the trays with the peroxide gel, much of it is displaced away from the tooth and frequently onto the gums. Modern technology allows for in-depth scans and impressions, which are tailor made to the individual. These customised trays are better designed for the person wearing them, and ensures the product is only exposed to the tooth enamel. You wouldn't buy a drill off google and give yourself a filling would you?

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